

"A SIGNIFICANT BREAKTHROUGH IN HANDS-ON HEALING"

*Alternative Medicine Magazine*

# QUANTUM TOUCH

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THE POWER TO HEAL

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**RICHARD GORDON**

*Best-selling Author of *Your Healing Hands**

Foreword By C. Norman Shealy, M.D., Ph.D.

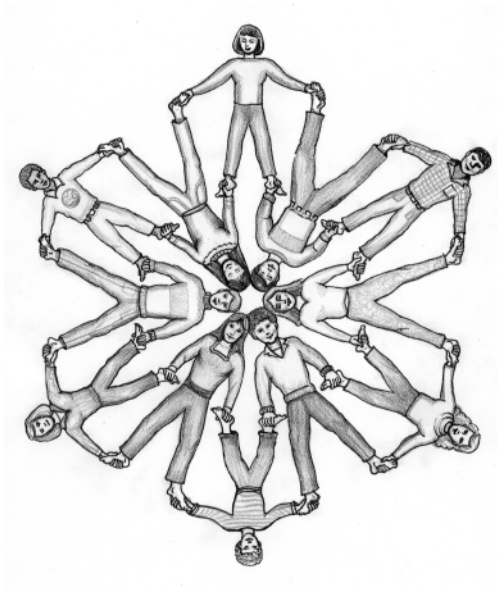
Founding President of the American Holistic Medical Association

Third  
Edition

# Quantum-Touch

## The Power to Heal

By Richard Gordon



Illustrations by Eleanor Barrow  
Cover by Eleanor Barrow and Carrie Toder

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Berkeley, California

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# ***In Praise of Quantum-Touch***

“For professionals and lay people alike, Quantum-Touch is an essential and invaluable tool.”

– *Alternative Medicine Magazine, 2001*

“Quantum-Touch is easy to learn, has a significant impact on the body’s energy system and can make profound shifts in people’s lives.”

– *Dr. Leonard Laskow, M.D.*

“Every time I apply Quantum-Touch, I am in awe of the results. It’s amazing how quickly the pain in my patients is resolved in just a few minutes.”

– *Roberta Horoho,  
FNP, Physician Assistant*

“In energy healing, the healer functions as a focusing lens for bioenergy, drawing such energy in and focusing that energy into the energy field of the person seeking healing. It is important for that lens to be as clear as possible. In its simplicity, Quantum-Touch slips past the healer’s ego. This has the effect of increasing the clarity of the healer as a focusing lens. This effect makes Quantum-Touch a useful adjunct to other energy healing techniques as well as an excellent healing technique by itself. In its elegance, Quantum-Touch provides healing bioenergy for the healer as well as for the person seeking healing. Quantum-Touch could well be the current state-of-the-art technique in energy healing.”

– *Dr. Jerry Pittman, M.D.*

“Quantum-Touch is an easily learnable skill that can provide balance, healing, comfort, and postural realignment. I salute Richard Gordon’s unique gift for making difficult concepts readily accessible, and for his commitment to bringing this work to the world.”

– *David Kamnitzer, D.C.*

“As an attorney, my training has led to a natural skepticism regarding so-called self-professed healers. After learning to do Quantum-Touch, however, I discovered a technique for directing healing energy that not only works, but which can be learned by anyone. I have been able to relieve my brother’s chronic back pain. My girlfriend’s heart palpitations and allergies have also responded well to this energy work. I highly recommend this to anyone.”

– *John W. Noretto, Esq.*

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“Quantum-Touch is an amazing method of healing – amazing because it’s so simple to learn. You already possess the tools necessary to practice it and it works!”

– *Sandra Alstrand, L.Ac.*

“I love Quantum-Touch. I have dealt with energy medicine for many years since first studying polarity therapy, and Quantum-Touch is an exaltation of energy work. I use Quantum-Touch with my patients and family with excellent results.”

– *Habib Abdullah, D.C.*

“Richard Gordon throws open the doors of energy healing for everyone. Simple techniques, profound results. Quantum-Touch is a system that anyone can learn quickly and put to use in their own lives.”

– *Chris Duffield, Ph.D.*  
*Visiting Scholar, Stanford University*

“Quantum-Touch accesses energy at a core level to promote surprisingly quick and effective healing. I highly recommend this method.”

– *Jacquelyn Lorell, L.Ac.*

“Quantum-Touch makes a wonderfully powerful system readily and easily available to all. This book is a gift of illumination.”

– *Gloria Alvino, MS, R.Ph.*

“In my vast experience, I’ve never seen anything to compare with the positive results of Quantum-Touch. It enabled affected team members to resume competitive play in a very brief period of time following an injury, and the improvements seemed to continue even after the therapeutic sessions.”

– *Duane Garner, Coach*  
*UCSC Men’s Basketball Team*

“Richard Gordon has an unsurpassed ability for explaining energy healing to novices and professionals alike. Richard’s first book, [Your Healing Hands - The Polarity Experience](#), showed many of us how to use healing energy in our daily lives. Now Richard takes us on an even deeper journey, showing us how to activate the most profound levels of healing. He masterfully weaves together the story of his discoveries of Quantum-Touch with exceptionally clear illustrations that make it easy for anyone to learn this inspiring new technique. This book is invaluable to all health professionals. For the researcher, the phenomenon of Quantum-Touch represents an opportunity far too important to pass up.”

– *Jim Oschman, Ph.D.*

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“For energy medicine practitioners, Quantum-Touch amplifies the effects of Reiki and other hands-on healing techniques. For the layman, Quantum-Touch empowers the individual to tap into the innate healing abilities we all possess.”

*– Ellen DiNucci, M.A.  
Project Coordinator, Complementary  
and Alternative Medicine Program,  
Stanford University*

“Quantum-Touch is amazing! In just two days it successfully unfroze my shoulder which had not responded to several months of physical therapy and other healing modalities. It has now become an integral part of my practice and I would strongly recommend that everyone learn this easy and powerful technique.”

*– Billie Wolf, Occupational Therapist*

“Quantum -Touch quickly and easily enables ordinary people to powerfully focus and amplify the life-force energy to become extraordinarily effective hands-on healers. For those who practice polarity therapy, massage, or therapeutic touch, your work can take on an astounding new dimension.”

*– Heather Wolfe, R.N., Lic. MT  
Registered Polarity Therapy Instructor  
Therapeutic Touch Instructor*

“Far better than chiropractic, physical therapy, or medication, Quantum-Touch has completely relieved my chronic back pain. Quantum-Touch is a valuable asset to nurses who want to take a step forward in their careers and work on a much higher level. This should be studied in every nursing school across the country. Quantum-Touch is what is needed to transform the limited way nursing is currently practiced.”

*– Lauralyn C. McCurry  
RNC, PHN, CARN*

“When I combine Quantum-Touch with Reiki or cranial sacral therapy, my results are far more effective. Quantum-Touch awakens the magic in your hands.”

*– Roni Frank  
Cranial Sacral Therapist,  
Reiki Master*

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# Dedication

*I dedicate this book to the universal awareness that healing is not only real, but the easiest of skills to learn. With the awareness that the life-force is undeniable and tangible, I offer this book in support of the creation and establishment of a new branch of science based on the study of life-force energy: “Life-Force Science.”*

*I believe that someday Life-Force Science will bring the dimension of consciousness to our understanding of physics, chemistry, biology, medicine, and psychology.*

*I gratefully dedicate this book to our shared future.*

— Richard Gordon

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# Contents

Foreword by Dr. C. Norman Shealy, M.D., Ph.D .....	2
Introduction .....	3
<b>Getting Ready I</b>	
1. Discovery .....	7
2. Resonance, Life-Force, and the Principles of Quantum-Touch .....	15
<b>Techniques II</b>	
3. Basic Techniques .....	29
4. Frequently Asked Questions .....	57
5. Intermediate Techniques .....	83
6. Advanced Techniques .....	101
<b>Applications III</b>	
7. Altering Posture with Energy .....	117
8. Working on Back and Neck Problems .....	133
9. Working Throughout the Body .....	145
10. Self-Healing .....	159
11. Healing Animal .....	165
12. Distant Healing .....	171
<b>Other Essentials IV</b>	
13. Emotional Healing .....	181
14. Fun Stuff .....	189
<b>Vision V</b>	
15 The Future of Energy Healing .....	203
Index .....	208



# Foreword

Two decades ago, Delores Kreiger introduced the concept of Therapeutic Touch, which has been most widely used by nurses. Just as there are many roads to Rome, there are certainly many techniques for “healing.” To me, all of these are part of a universal concept that I call “sacred healing.”

I have personally met and have been trained by Richard Gordon in his healing modality, Quantum-Touch. Many of my staff also were trained and we were able to demonstrate that Quantum-Touch, even without touching the patient (!), is capable of changing the electroencephalogram. Symptomatic relief was obtained in a number of our chronic pain patients. Rapid relief of pain and resolution of healing after surgical removal of wisdom teeth was noted in one young lady. Sally Hammond in her book, We are All Healers, over 25 years ago emphasized the potential healing ability of every human being. Quantum-Touch appears to be the first technique that may truly allow us all to become healers.

Sincerely,

***Dr. C. Norman Shealy, M.D., Ph.D.***

Founder, Shealy Institute for Comprehensive Health Care

Founding President, American Holistic Medical Association

Research & Clinical Professor of Psychology,

Forest Institute of Professional Psychology

# **Introduction**

Quantum-Touch is a method of hands-on healing that literally must be seen to be believed. Employing only a very light touch on yourself or others, you can profoundly accelerate the body's own healing response. The effect is so immediate and extraordinary, you can actually see bones in the body spontaneously realigning themselves with only a light touch. Since the body decides where to place these bones, you need never worry about doing it right. Beyond structural realignment, pain and inflammation are quickly reduced, while organs, systems, and glands become balanced.

To empower yourself to use Quantum-Touch, you simply need to learn various breathing techniques, body awareness meditations, and hand positions. Those who apply the principles and techniques of this book can become highly capable practitioners in but a single day. This is because the ability to heal is an inherent part of people's essential nature. Just as new cars coming off the assembly line are all equipped with a steering wheel, windows, and doors, the ability to help heal each other is automatically built into the system. As surely as children are endowed with the ability to walk, learn language, laugh, cry, and love, we all have the ability to be healing practitioners.

Once you have learned Quantum-Touch, you can never forget how to do it. The process is very much like learning to ride a bicycle. Before you begin, the idea of sitting upright on two skinny wheels would probably seem quite impossible. When you first start to stay upright, it seems like a miracle, but after some time, it becomes completely natural and

expected. When you first observe the results of using Quantum-Touch, the experience will often be surprising and unforgettable. Like riding a bicycle, what had appeared miraculous will in time become natural and even expected. Beyond this, there is an immense joy and satisfaction in knowing that you can assist others in their healing process. One small note of caution: I believe that this joy is contagious.

Deepak Chopra wrote, *“To promote the healing response, you must get past all the grosser levels of the body — cells, tissues, organs, and systems — and arrive at a junction between mind and matter, the point where consciousness actually starts to have an effect.”* I believe there is such a point where consciousness and matter intersect, that this junction exists on a quantum (subatomic) level, and that this extraordinary connection between mind and matter is accessible to us through our love and intent. By harnessing the innate power of our love, we can dynamically and positively activate the body’s own healing process. From the DNA to the bones, all cells and systems effortlessly respond to the healing vibration of your love.

**The following are some interesting things I want you to know about Quantum-Touch:**

Practitioners from each hands-on healing modality who have studied Quantum-Touch in the United States, Canada, and Europe have told me that it significantly increased the power or effectiveness of their healing practice. Chiropractors think of it as an advanced form of chiropractic. Physical therapists think of it as a more effective form of physical therapy. Similarly, acupuncturists have told me that it works like an advanced form of acupuncture. Reiki masters call it *“Reiki empowerment”* or *“turbocharging the Reiki.”* Quantum-Touch combines seamlessly with

numerous other techniques to enhance their effectiveness: massage, shiatsu, jin shin do, acupressure, polarity, cranial sacral, therapeutic touch, healing touch, and so on.

Quantum-Touch is a wonderful stand-alone therapy for people with no previous training.

This may well be the easiest healing technique that there is to learn. Nearly everyone can learn to do extraordinary healing work after two days of training. It is so easy, you can easily learn from this book. Children can usually learn to do this work almost immediately.

Quantum-Touch will empower people to relieve a tremendous amount of pain and suffering of friends and loved ones. It is truly one of the essential life skills we should all know.

On a purely selfish and personal level, I wish to live in a world where healing is considered real, where healing is universally practiced, and where humanity's kind and generous good nature can be readily expressed. For these and numerous other heartfelt desires, I invite you to join me on a wondrous journey of discovery — the discovery of Quantum-Touch.

***“It’s not important that you know everything –  
just the important things.”***

***— Miguel de Unamuno***



Chapter 1

**Discovery**

**A Hardwired Blessing**

*Healing is real.*

*Everyone can do it.*

*Everyone's love has impact and value.*

*Your love has impact and value.*

*The ability to work as a healer is simply a gift. It is a gift within that we need only discover. This ability is ours at birth. It comes as standard equipment on all humans – hardwired into the system.*

## **Café Sessions**

“My mother is in a great deal of pain – can she please sit down here?” asked a woman who appeared to be in her sixties. My friend and I, who were looking at a picture book of bats, immediately got off the bench in the bookshop and invited the women to take our seats. The very old woman was bent over and breathing very hard as she painfully and very slowly sat down. I asked the daughter what her mom’s problem was, concerned that she might need help. She told me that her mother was having extreme back pain.

For about thirty seconds, I debated within myself as to whether or not I should become involved in this matter, but the “healer” got the best of me. I explained to the daughter that in my profession I use a form of hands-on healing where I very lightly touch the area that is in pain and asked if her mother would like me to do that. She spoke to her mother in French, and the older woman said that that would be fine. In my typical manner, I make wherever I am my office. I have often been seen giving healing sessions at concerts, lectures, movies, golf courses, seminars, supermarkets, or wherever I happen to be. I call these “café sessions.”

I asked the mother to point to the spot where her pain was. The daughter translated, and a moment later I was kneeling down with my hands on her mom’s painful lower back. She was breathing very hard and her face was contorted by the pain as I began to “run energy” through my hands. Within five minutes, the older woman’s face looked peaceful. She turned to me and simply said, “Thank you, I’m all better now.” The two women got up, smiled to me, and walked out of the bookstore without another word.

I immediately sat back on the bench and picked up the book, ready to resume where we had left off. To my surprise, my friend was visibly quite shaken by the experience. Although she and I had maintained a casual friendship for a number of years, she had somehow escaped my relentless encounter with people’s skepticism. “How can you just pick up the book after an experience like that?” she demanded. I explained that

healings are an everyday sort of experience. Although these experiences had been shocking to me when I first began to do Quantum-Touch, over the years I had grown accustomed to them, and had even learned to expect them!

## Early Shocks

Over the many years, events like the one previously mentioned have become relatively commonplace for me, but I sometimes forget that to many other people these sorts of happenings can be quite a shock to their system. To be honest, I had more than a few shocks of my own when I first learned to do this sort of work.

When my first book, *Your Healing Hands – The Polarity Experience*, was about to be released in 1978, a friend insisted that I attend a workshop from a remarkable healer. At the beginning of the workshop, I was surprised that the very heavy-set and quiet 60-year-old man who had been sitting by himself and not talking to anyone was the one to be leading the group.

I should tell you that at this particular time in my life, I was feeling pretty cocky about myself, being a young and fit 28-year-old, soon-to-be published author with the first and only popular book on the subject of polarity therapy. Enter Bob Rasmusson, the leader. Bob, a natural storyteller, was absolutely blasé and matter of fact, as he spun out a series of tales that seemed completely incredible to me. Then he asked for one of the members of the audience to act as a volunteer. Up stepped the friend who had invited me to the class.

We took a few minutes as a group to examine my friend's posture. I had never noticed before then that she had a profound "S" curve in her spine: one shoulder was much higher than the other, one hip was higher, and so on. Bob simply worked in the most matter-of-fact way, touching one place, then another. He clearly showed us how her occipital ridge (at



the base of the cranium) was severely misaligned. He began taking huge breaths of air and lightly touched the base of her cranium for only a few seconds. Instantly the ridge appeared to be completely even. He touched her hips, touched her shoulders, and ran his hands down her spine. Frankly, I could hardly believe my eyes as I watched bones seeming to melt into place. Within a matter of ten or fifteen minutes, her spine was nearly straight and her hips and shoulders were properly aligned. To put it mildly, I was absolutely astonished!

I immediately came to three major conclusions. The first conclusion was that Bob Rasmusson had some sort of rare and incredible gift. The second conclusion was that no one else would ever be able to learn this. The third conclusion was that I would never be able to learn this. By the end of the day, I found that I was barely able to cause bone positions to move with a light touch. I was stunned. Thankfully, I was wrong on all three counts.

I soon became Bob's friend and neighbor, and would often spend time at his home, observing him working and trying to discover just how and why he was so much more powerful than the people that he trained. For the next couple of years, I would spend hours each day practicing to run the energy. Eventually, I started to get creative in my attempts to do the work, and I was able to discover new ways to amplify the energy and increase my power. I had gotten to a point where Bob liked to have me work on him.

## **Margery**

I think that the single biggest shock I had doing this healing work came about two years after I first learned the basic technique from Bob. I was in Los Angeles and was demonstrating Quantum-Touch before a group of about eight people. Margery had volunteered to be the subject of my demonstration. She had a severe case of osteoporosis and was hunched so

far over, she would be looking down at the floor when she walked. I had her put on a button-up shirt backwards so we could get a close look at her back.

I was actually quite shocked when I first saw her spine. Every vertebra was severely misaligned. One vertebra was off far to the left, the next one down was much further to the left and the one below that was somehow pushed massively to the right. Some bones were sticking out further than I could ever have imagined possible. They looked like dinosaur bones. Other bones were indented a great deal. Looking at her spine, it was easy to see why Margery was hunched over when she walked.

I began to run energy into her spine. I would work on one vertebra at a time, spend a minute or two there, and then move down to the next and do the same thing. After about fifteen minutes, people in the group started making comments to the effect, "Is this looking better, or is that my imagination?" Another fifteen or twenty minutes later, I started to hear comments like, "I am pretty sure it is looking better now." It appeared that the bones were gradually finding a more aligned position. After the next fifteen minutes the comments started sounding like, "Oh my God, it is so much better!" By the end of an hour and fifteen minutes, we were all completely amazed.

I could hardly believe my eyes. Every vertebra in Margery's spine was now in a straight line. The vertebrae that were grossly pushed out now appeared to be in a natural position. The vertebrae that were grossly pushed in now appeared to have come out. Margery stood up and suddenly she was much taller than I, when before in her hunched position, we were eye to eye. Margery's daughter came into the room and started crying at the sight of her mother standing up straight. The mother and daughter embraced and cried. The people in the room couldn't stop talking about it, and I was as amazed as any of them.

When I got to my friend's home in Los Angeles where I was staying, the day's events had really thrown my nice and comfortable beliefs into a tizzy. I remember sitting on the floor with my back against the wall contemplating what had just occurred. Suddenly I heard a loud and very

believable voice in my own head saying, “THAT DID NOT HAPPEN!” For a brief moment I actually believed it. Then I protested within myself, recalling how people had commented that they thought her spine was gradually looking better, how the vertebrae moved till they were all re-aligned. I recalled how she was standing up very straight and tall, crying gratefully with her daughter. “No,” I protested within myself, “it did happen! This is real.”

## **The Bunny**

The next shock I encountered was much gentler. My friend Carol had been staying at my home, and since it was near Easter, she brought a baby bunny into my house. When I came home one day, I found that the cute little creature was not in its box and was leaving little brown pellets everywhere. I decided to capture it and put it back into its box. After a minute or two of chasing Mr. Rabbit around the house, I finally had it cornered.

With my hands over its little body, I could feel it trembling in fear, and I wondered what would happen if I started to run energy into it. After about a minute or two of running the energy, I could feel the trembling stop and its little muscles relaxing beneath my hands. Out of curiosity, I kept running the energy. After another couple of minutes the rabbit did something totally unexpected: it stretched its front paws forward as far as it could and its back paws back as far as it could and lay there totally relaxed. “Hey, this is fun,” I thought. I kept running energy into the rabbit, and then suddenly the rabbit rolled over on its back with its front paws stretched forward, its back paws back, and my hands on its belly. This bunny looked as if it were having a pleasant day at the beach, all stretched out and drinking in sunlight. I had never seen a rabbit do this nor even heard of a rabbit doing such a thing. At this point I was beginning to get the idea that quite remarkable things could happen during these sessions.

## **Bob's Gallbladder**

One morning, I got a call that Bob Rasmusson had had a gallbladder attack, that he was in a great deal of pain and didn't know any healers in Los Angeles. Would I mind driving down from Santa Cruz (about seven hours) to work on him? I cancelled my plans for the day, and within twenty minutes I was in my car on my way to see Bob.

When I got to Los Angeles, I pulled up to the motel where he was staying and found him in bed. I was told that the doctors wanted to remove his gallbladder. Bob didn't like the idea of being cut open by strangers and having one of his vital organs removed. So I climbed upon his bed, placed my hands over his gallbladder, and went to work running the energy. As you will learn later, this work is very focused and requires a good deal of effort and breathing work on the part of the practitioner. After about an hour and a half, Bob was no longer in pain. He had been sweating a great deal in the latter part of the session. He got out of bed, took a shower, and when he came out he simply said thank you and that he was feeling fine. I drove back to Santa Cruz that evening. I learned thirteen years later the full result of that session. Bob never again had any problems with his gallbladder.

These early "shocks" have served me well in my evolution with Quantum-Touch. Seeing bones suddenly moving back into alignment is something I have learned to take in stride. The big shocks I get now usually come from watching my students do things I have never done before. Now I am not so much surprised as deeply touched by gratitude and wonder.



**Chapter 2**

***Resonance, Life-Force,  
and the Principles of  
Quantum-Touch***

Beneath the surface of our awareness lies a vast world of vibration. Like water beetles busy skimming over the top of a lake, we often miss expansive realms that exist just below the very waterline of our immediate perception.

## Resonance

There truly is a mystery and a wonder in the seemingly simple function of resonance. From the galaxies to the subatomic, all people and particles dance to its power.

If a piano and a guitar were both in tune and a G was played on the piano, the G string on the guitar would also vibrate. Sound waves moving the air are transferring the acoustical energy from the piano to the guitar. Similarly, tuned oscillators, that is, things that can vibrate at the same frequency, require very little work to transfer energy from one to another. In this example, the string on the guitar absorbs the energy waves from the piano because it is tuned to the same frequency. Whenever there are similarly tuned oscillators, they form what is called a resonant system. The guitar and piano string are resonating with one another.

If pendulum-type grandfather clocks were mounted against a wall with their pendulums swinging out of phase to one another, in a matter of days, their pendulums would lock into phase and beat together. In this case, energy transferred through the common wall would be sufficient to allow the clocks to come into phase with one another. This is entrainment, a phenomenon that allows two similarly tuned systems to align their movement and energy so that they match in rhythm and phase. This phenomenon also occurs in the area of electronics. When you have similarly tuned oscillating circuits vibrating at similar frequencies, the slower circuit will rise to match the speed of the faster one. In both of these examples, we can see how energy is transferred from one similarly tuned system to another.

What can we learn from all this? First, when two systems are oscillating at different frequencies, there is an impelling force called resonance that causes the two to transfer energy from one to another. When two similarly tuned systems vibrate at different frequencies, there is another aspect of this energy transfer called entrainment, which causes them to line up and to vibrate at the same frequency. Entrainment is the

process by which things align their movement and energy together to match in rhythm and phase.

This seems to work with biological systems as well. On warm nights in many parts of the world, fireflies gathering in a tree will light up at random. Before long, they will all be turning their lights on and off in a coordinated manner. I have often heard crickets or frogs all finding the same rhythm and coordinating their sounds to one another. In these cases, nature finds it useful or perhaps economical to rhythmically entrain the individuals. Perhaps through a more mysterious process, women sharing a house or dormitory over time will find that their menstrual cycles will rhythmically entrain as well. Scientists have found that even disembodied animal hearts, when kept alive in a lab and placed near each other, will entrain – the individual hearts will begin to beat in unison. The process appears to be universal.

Itzhak Bentov may have been absolutely correct in 1977 in his fascinating book Stalking the Wild Pendulum. He states, “We may look at disease as such out-of-tune behavior of one or another of our organs of the body. When a strong harmonizing rhythm is applied to it, the interference pattern of waves, which is the organ, may start beating in tune again.” He postulates that this theory may account for the reason energy healing actually works. I agree.

When two things are vibrating at different frequencies through resonance and entrainment, either the lower vibration will come up, the higher vibration will come down, or they will meet in the middle. In Quantum-Touch, practitioners learn through breath and meditation techniques to raise the vibration of their hands to a very high frequency. When they place their hands in proximity to someone else who is in pain, their client’s body, like a similarly tuned circuit, will resonate and entrain to the practitioner’s hands. Love is the universal vibration that allows people to transfer healing energy from one to another.

In his book, Loving Hands Are Healing Hands, Bruce Berger writes, “Sympathetic resonance describes the tendency of two wave forms with the same degree of arc to vibrate sympathetically together, energizing and



communicating universally with each other. Thus wave forms of the same length and frequency will entrain and influence each other throughout all creation. This is the key to understanding one of the dynamics that holds creation together, and to understanding our theory of the body as the energy of sacred sound.”

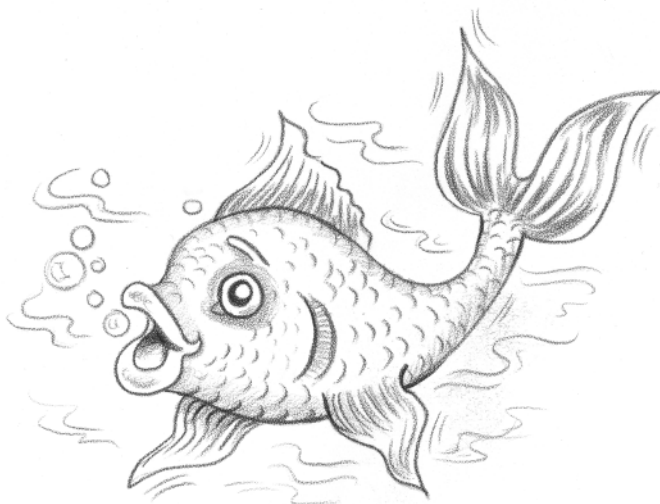
When working with Quantum-Touch, the practitioner holds the highest vibration they can, which becomes the dominant frequency. The “healer” (otherwise known as the client or patient), that is, the person whose body is healing, will simply entrain with and match the vibration of the practitioner. A spiritual teacher named Lazaris has said, “The definition of a great healer is someone who was very sick and got well quickly.” In my opinion, anyone who claims to be able to heal others is either ignorant, mistaken, arrogant, or delusional. All they are doing is providing the resonant energy to allow others to heal themselves.

The practitioner simply holds a tremendously strong harmonizing energy, and the client’s energy matches that vibration. The innate body intelligence of the person receiving the energy will do whatever the body deems useful to cause healing to occur. The body heals itself with an unfathomable level of intelligence. Western civilization often takes the body’s innate healing ability for granted, but it is the true healer. If we look at the cells of our body, we see that we have hundreds of billions of cells that are constantly feeding on oxygen and the food we eat, and releasing carbon dioxide and other waste materials. These cells are also busy reproducing and self-healing, with thousands of microscopic changes taking place every minute of each day! It’s a good thing I don’t have to keep track of all this activity, since I have a hard enough time just remembering where I left my keys.

Without the breathing and meditative techniques learned in Quantum-Touch, it is actually possible for a practitioner to descend to the vibration of the client and thus become drained from the experience. This does not occur in Quantum-Touch as long as we use the techniques to hold a naturally high resonance.

Perhaps one day, healers will be known as resonant physicians.

## **Life-Force**



**“No, I have absolutely  
no idea what water is,”  
said the fish.**

**“Why do you ask?”**

At every moment, each of us is awash in the perpetual movement of the life-force energy that streams through and around our bodies. Like the fish who has no concept of water, it has only been modern Western cultures who have denied the existence of life-force. According to the rules inherent to the scientific method, everything must be measurable in order to concede its existence. Since scientists do not have sensitive enough instrumentation to measure or prove the existence of life-force, they deny that it is real. This is like denying the existence of a television channel because your set does not receive that station. It is also like denying the existence of love because you can't measure its length or weigh it on a scale.

Life-force is the energy that differentiates that which is living from that which is not. It is the animating current of life, which has been acknowledged, appreciated, and utilized by numerous cultures around the world for thousands of years. The Chinese call it "Chi," and the Japanese call it "Ki." These countries and many others utilize the energy for various healing massage techniques, acupuncture, and numerous forms of martial arts. The Indian yogis have called the energy "Prana" and have used their understanding to achieve higher levels of consciousness through their practices of yoga, pranayama, meditation, and various healing practices. The Hawaiian Kahunas referred to it as "Mana" and also used it for hands-on healing, distant healing, and for prayer.

The irony is that all people actually feel the life-force within them every moment of every day. They just are not aware that they are feeling it. For most of us, the sensations of the life-force energy can be analogous to the background noise of the street where we live. We have grown so completely accustomed to it that we no longer notice it. We only notice the street noise if we stop and pay close attention to it. Sometimes, the most blatant and obvious things are the very last to be seen or acknowledged. Life-force is just such a thing. Yet despite the lack of awareness of life-force, it is easily felt by most individuals without much effort. We just need to know how to look for it.

Perhaps there is a sort of intuitive understanding of the life-force and Prana, even within the English language. When someone dies and their vitality and life-force leaves the body, we say that the person has “expired.” Similarly, when someone experiences a wonderful creative flow, we describe them as being “inspired.” To “inspire” and “expire” are the same words we use to describe breathing, and the breath happens to be the primary source of Prana.

To summarize, life-force energy is the animating current of life operating with a level of intelligence that boggles human imagination. The life-force permeates all living things.



## Science of Life-Force Energy

The reality of life-force energy has been well documented by literally thousands of studies. Distant healing and prayer in the laboratory have produced viable and dramatic effects on bacteria, yeasts and other single-celled organisms, as well as on DNA, enzymes and chemicals. Abundant research has also been conducted on plants, animals, and, of course, people.

The fact that this research has not made its way into standard text books and college course work, has, in my opinion, more to do with the politics of science than the validity of the findings. In the words of sociologist, Marcell Truzzi, "Unconventional ideas in science are seldom positively greeted by those benefiting from conformity." If you have an interest in reading about this research, I can suggest the following books:

*Energy Medicine: The Scientific Basis*

James L. Oschman Churchill

Livingstone, Inc., 2000

*Spiritual Healing: Scientific Validation of a Healing Revolution*

Daniel Benor

Vision Publications, 2001

*Vibrational Medicine*

Richard Gerber

Inner Traditions International, Limited 2001

*Infinite Mind : Science of Human Vibrations of Consciousness*

Valerie V. Hunt

Malibu Publishing Company, 1996

You can also contact the International Society for the Study of Subtle Energies and Energy Medicine, also known as ISSSEEM.

<http://www.issseem.org>

## The True Magic of Touch is Life-Force Energy

For decades, physicians and psychologists have been praising the tremendous value and importance of touch. Studies have shown that babies who are not touched will not grow as quickly as their counterparts who are held regularly. Beyond slow growth, these babies often have weakened immune systems and are more subject to illness. Babies, who are profoundly deficient in their need to be touched, may also suffer severe emotional damage and even violent behavior. Psychology studies have also shown the devastating impact of not being touched in experiments with monkeys taken away from their mothers.

If touch deprivation is abusive, then it stands to reason that abundant touch would be healthy and beneficial. In Jean Liedloff's excellent book, "The Continuum Concept," she discussed how children of the stone age Yequana Indians, living in a "primitive" community in the Brazilian jungle, were held constantly when they were young. As the children grew up, they exhibited no violent behavior. In her two and one half years with this tribe, she realized that children willingly obeyed their elders, and that toddlers played peacefully together without arguing or fighting. Consider that in our "modern" society, it is still a common practice for babies to be separated from their mothers at birth due to medical intervention in maternity wards. These isolated babies hear nothing but the crying of other newborns. Away from the arms of their mothers, they cry themselves to sleep.

The question I am raising is this: What is touch, and what makes it so important? If touch were merely physical contact, a mechanical rocker and a moving piece of rabbit fur could provide a baby's touch needs. But I do not believe that the value of touch is merely physical. I believe that it is much more than just the mechanics of being stroked. In my opinion, the true value of touch is the life-force energy ^ and the love - in that touch.

This came more clearly to my awareness this year with the case of Teddy, a baby who was born 13 weeks premature. Teddy was the seventh child born to a woman who had been an alcoholic for 10 years. He was diagnosed with

severe fetal alcohol syndrome, tested positive for crack cocaine, and the baby's doctor said that he "saw no real hope" for this boy. At the time of his birth, Teddy could not move any muscles and would lie helplessly, like a tiny limp bag of bones. His eyes were tightly closed and his mouth didn't have the muscles to suck from a bottle. He was only sufficiently developed to be able to swallow. Teddy was so tiny that his whole hand was smaller than a man's thumbnail. After two weeks in the hospital, Teddy was released into a foster home where the adoptive father, mother and all five children all knew how to use Quantum-Touch. Everyone in the house ran energy for Teddy. (Keep in mind you only need one person to be effective, though it is more fun with seven.)

When Teddy became stronger and could cry for food in the morning, Michael, the father, would pick up the baby and run energy into his tiny body. Amazingly, Teddy would stop squirming and crying within a few seconds, and become completely relaxed in Michael's hands. After receiving Quantum-Touch, Teddy would sit quietly and wait patiently for his food formula as it was being prepared. This response is highly reminiscent of the story of the frightened bunny in chapter one that flipped over on its back, or of Henri's turtle, in chapter eleven, that would rest for an hour with its head and limbs outside the shell while being held.

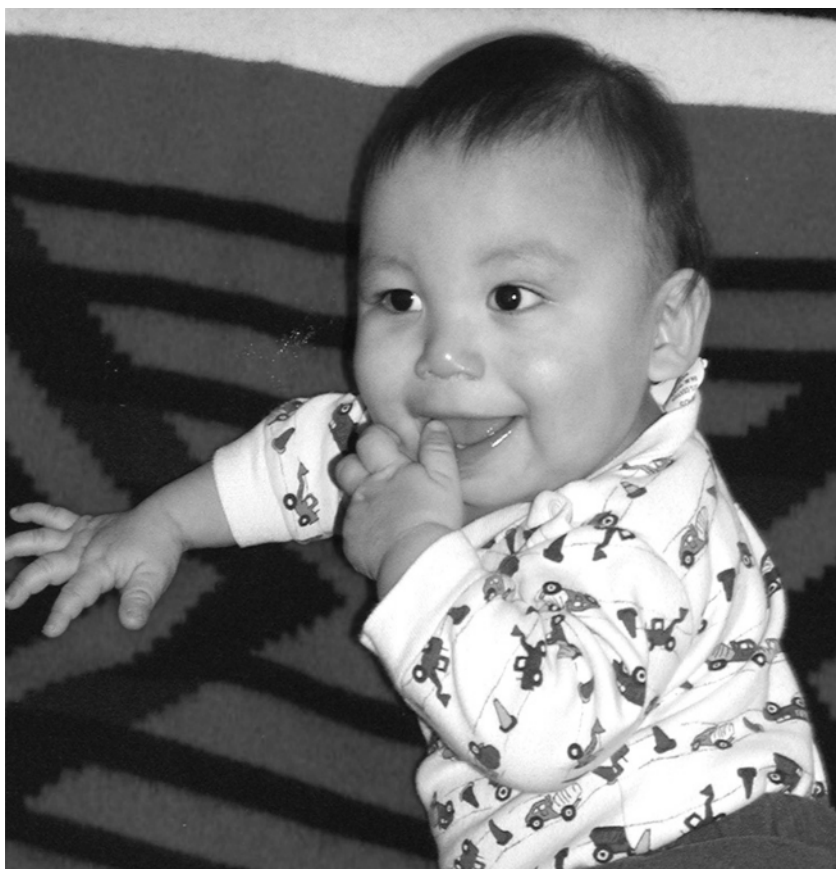
When Teddy got older and it was time for his vaccinations, all the other children screamed as needles punctured both thighs. Michael simply put a hand on Teddy's chest and ran energy. To the surprise of the nurse, Teddy didn't cry at all. On the third round of vaccinations six months later, Michael experimented and lifted his hand off Teddy's chest after the second inoculation. Teddy immediately started to turn purple and began to cry. Michael placed his hand back on the chest and within a few seconds, Teddy took a big sigh and became relaxed again.

Today Teddy, or little "Boo Boo," as he has come to be called, is a source of amazement. His doctor who once "saw little hope for normal development" has proclaimed that he is developmentally normal, and that he can't believe this is the same baby. At 10 months old, all of Teddy's developmental indicators are within normal range and age appropriate. He is at 100% on the developmental grading, and is of average weight for a child his age. The facial morphology has significantly normalized. In the words of Dr. Norman Shealy, M.D., in a recent conversation, "I would love to see every premature, sick or addicted baby be treated with Quantum-Touch." Perhaps one day that will happen. I believe that it is only a matter of time.



*Teddy at 3 weeks of age (left)*

*Teddy at 10 months (below)*





## **Quantum-Touch Principles**

- Love is a universal vibration; love communicates to all species, functions on all levels and expresses our true nature. It is the foundation of all healing and the core essence of the life-force.
- The ability to assist in healing is natural to all people.
- Healing is a skill that can be taught and that grows stronger with practice. Practitioners become stronger at running the energy and in their healing ability over time.
- Energy follows thought. The practitioner uses intention and various meditations to create a high-energy field and uses that field to surround the area to be healed.
- Resonance and entrainment cause the area being healed to change its vibration to match that of the practitioner. The practitioner simply raises and holds the new resonance.
- No one can really heal anyone else. The person in need of healing is the healer. The practitioner simply holds a resonance to allow the body to heal itself.
- Trusting the process is essential. The work may cause temporary pain or other distressing symptoms that are all part of the healing. The life-force and the healing process work with complexity and wisdom that are beyond our conception and comprehension.
- The energy follows the natural intelligence of the body to do the necessary healing. The practitioner pays attention to “body intelligence” and “chases the pain.”

- The practitioner is also receiving a healing by doing the work.
- Breathing amplifies the life-force.
- Combining breathing and meditation techniques together causes the energy to line up, which increases its power many times, like a laser.
- Synergy is the effect of multiple healers working together and is greater than the sum of the parts. It can be very powerful.
- Each person's gifts in life and in healing are unique. Some people are especially gifted at treating specific conditions.
- Healing can be accomplished from a distance and can be highly effective.
- Quantum-Touch combines easily and effectively with other healing modalities.
- The ability to connect with one's spirituality, in whatever form it is perceived to be, and asking for help adds another dimension of power to this work.

Many of these principles will be expanded in later chapters of this book.

**“Quantum-Touch appears to be the first technique that may truly allow us all to become healers.”**

—C. Norman Shealy, M.D., Ph.D.

Founding President of the American Holistic Medical Association

## QUANTUM-TOUCH – THE POWER TO HEAL

Quantum-Touch represents a major breakthrough in the art of hands-on healing. Whether you are a complete novice, a professional chiropractor, physical therapist, body worker, healer, or other health professional, Quantum-Touch allows you a dimension of power in your work that heretofore has not seemed possible.

This book clearly teaches you to use special breathing and body focusing techniques to raise your energy level so high that with a light touch, you can see postural corrections spontaneously occur as bones gently glide back into their correct alignment. Beyond this, pain and inflammation are rapidly reduced and healing is profoundly accelerated. The work is so easy that children naturally learn to do it, yet so powerful it is endorsed by physicians, acupuncturists, and chiropractors. Since the body already knows how to heal itself, the practitioner need only apply the energy to affected areas. For the millions suffering from neck or back pain, this may be the safest, fastest, and most effective treatment ever discovered.

Quantum-Touch can also be quite helpful when applied to a wide variety of situations such as in distant healing, to help balance emotional distress, or even to heal your pets. The future is now and Quantum-Touch is not only a profound discovery, but also an essential human skill.

*“Quantum-Touch is a remarkably effective and easily learned method of generating powerful healing energy ... I highly recommend this book.”*

—William S. Eidelman, M.D.

*“Quantum-Touch is a powerful hands-on healing technique that can be used effectively by lay people as well as professionals. I highly recommend it.”*

—Dr. Patricia Warkus, M.D. (1997)

*“You actually have to see this work to know how good it is. Bones move into alignment with just a light touch, and it speeds up the healing process.”*

—Darla Parr, D.C.

*“I am thrilled at the simplicity and the effectiveness of this technique. Quantum-Touch is a great awakening.”*

—John Jacobs, Ph.D.

Health/Healing/Bodywork



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