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February 23rd 2012: The ABC's Of Hands-On-Care

All living things are made of life force energy. The ability to focus life-force energy through your hands and bring relief to yourself and to others is an innate ability that is common to all people. It is as natural as breathing to place your hands on your head when you have a headache, on your belly when you have pain, on your cheek when you have a tooth ache, or on a bump, bruise or cut when you injury yourself. You many affectionately remember the loving touch of someone from your childhood who put their hands on you in an effort to soothe your ills, relieve your pain, or calm you down. O

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