

Gentle Energy Touch: The Beginner's Guide to Hands-On Healing

Barbara E Savin

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This book has life-affirming, practical applications for caregivers and anyone who wants to feel more balanced, whole, and focused.

Gentle Energy Touch, by Barbara E. Savin, offers instructions on utilizing a powerful, yet not widely known, path to health.

Gentle Energy Touch, an energy-based complementary therapy known by a variety of other names or descriptions, such as Healing Touch, has been part of Savin's life for years. It uses intention, focused attention, and carefully placed touch to initiate the body's natural balances and healing power. Use of this method is said to produce immediate calm and comfort as well as lead to shorter healing times and the ease of chronic symptoms. Savin's experience and expertise add credibility, and the book works to equip others to reap the method's benefits for themselves and others.

Savin is true to the beginner-oriented promise of the subtitle. She balances background information, including what energy is and how it works in the body, with instruction, including how-tos for self-healing and helping others heal, so that readers can easily understand what Gentle Energy Touch is and begin using it immediately.

Background chapters include guided reflection through summary and questions, which are especially useful to those new to the idea of chakras, auras, and energy-based treatment modalities. How-to sections have clear, useful photos as well as directions for each position and an explanation of its benefits. The benefits listed for self-healing tend to be more meditative and intangible, such as peacefulness or tranquility, while the listed benefits for treating others are often more oriented to physical health, like releasing shoulder tension and relieving headaches. Those who follow Savin's instructions and practice the techniques will move well beyond the beginner stage, learning and sensing as they go. The text also provides a list of further resources to keep people moving forward in practicing Gentle Energy Touch.

Savin has a great deal of expertise and experience with high-profile clients, but her approach to beginners is welcoming and open. This book has life-affirming, practical applications for caregivers, nurses, practitioners of other complementary therapies, parents, people with stressful jobs, and anyone who wants to feel more balanced, whole, and focused.

Gentle Energy Touch is an open door to healing and well-being.

MELISSA WUSKE (Summer 2016)

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