

## Healing Touch During the Time of COVID

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### **Disclaimer:**

Our presentation and this handout offer insights we've received during the pandemic through guidance and our individual experiences having COVID and working with people with COVID. This information is not exhaustive and presented as options rather than a specific protocol.

### **Energetic Patterns Observed:**

- Fear and viral replication
  - Virus replication supported energetically by fear, both internal and external
- Miasmas (conscious and unconscious effects)
  - "The field we're in..." represents a soup of stress, anxiety, fear, angry, and many other emotions
  - The cognitive dissonance of holding two opposing ideas simultaneously seems to be more widespread, making things more challenging at times
- Fracture in the collective hara at the entrance point of COVID
  - Affects capacity for higher order thinking and connection to Spirit by dropping us down into tribal
  - Fracture exists at the level of the nasal passages

### **Symptoms of COVID (acute):**

- Respiratory distress
- Fatigue
- GI distress
- Inflammatory cascade (fever)
- Brain fog
- Loss of smell & taste
- Fear

### **Symptoms of Long COVID (chronic):**

- Respiratory issues
- Cardiac issues
- Brain fog and CNS
- Depression & anxiety
- Joint issues
- Chronic fatigue
- Hair loss

### **Techniques for Working with COVID (acute):**

Respiratory distress

- Field Repatterning
  - Spread the field from the back
- Modified Mesmeric Clearing
  - Working from the back
- Laser variations
  - Hannah Krueger's technique (using a four-fingered Laser to work with specific organs and tissues)

Fatigue

- Modified Mesmeric Clearing
- Chakra Connection

Gastrointestinal distress

- Field Repatterning
- Modified Mesmeric Clearing

### Inflammatory cascade (fever)

- Lymphatic Clearing
- Chelation
  - Fractured hara line
- Bowl of Love
  - Holding the whole body
- Modified Mesmeric Clearing
- Field Repatterning
  - Adrenal support

### Brain fog & headache

- Noel's Mind Clearing
- Headache Management
- Bowl of Love
- Glymphatic System Support
  - Virus hanging out in cervical spine
  - Innate Harmony to address fear
- Spinal Clearing
  - Virus hanging out in cervical spine

### Loss of smell & taste

- Glymphatic System Support
- Lymphatic Clearing

### Fear

- Siphon liver
  - Where fear hangs out energetically
- Amygdala Connection

Amygdala Connection can be found in the companion text *Healing Touch: Enhancing Life through Energy*.

### **Techniques for Working with COVID (chronic):**

#### Cardiac issues

- Modified Mesmeric Clearing
- Lymphatic Clearing
- Siphon
  - Apex of the heart
- Chakra Connection
  - Modified by connecting the heart to the others

#### Brain fog and CNS

- Noel's Mind Clearing
- Headache Management
- Bowl of Love
- Glymphatic System Support
  - Virus hanging out in cervical spine
  - Innate Harmony to address fear
- Spinal Clearing
  - Virus hanging out in cervical spine

### Depression & anxiety

- Noel's Mind Clearing
- Glymphatic System Support
- Field Repatterning
- Amygdala Connection

### Joint issues

- Lymphatic Clearing
- Chelation
- Modified Mesmeric Clearing
- Beak Finger Laser

### Chronic fatigue

- Lymphatic Clearing
- Chelation
  - Fractured hara line
- Bowl of Love
  - Holding the whole body
- Modified Mesmeric Clearing
- Field Repatterning
  - Adrenal support
- Group hara & meditation
  - Spiritual fatigue
  - Collective connection with Spirit and hope

One of the things a lot of us have been lacking is the connections to groups and collective energy.

### **Techniques for Self-Care**

- Chakra Connection
- Spiral Meditation
- Glymphatic System Support
- Etheric Vitality Meditation
- Group meditation and hara
- Attributes of the Heart

Self-care is essential as we work to help and care for others. Here are techniques that are useful for self-care.

### **Solfeggio Tones**

- [174 Hz: Pain relief](#)
- [285 Hz: Heals tissues](#)
- [396 Hz: Releases guilt and fear](#)
- [417 Hz: Wipes out negative energy](#)
- [528 Hz: DNA repair](#)
- [639 Hz: Love, connections, and relationships](#)
- [741 Hz: Removes toxins and purifies](#)
- [852 Hz: Cellular transformation](#)
- [963 Hz: Awakens perfect state](#)

We found that sound was a useful tool in working with someone with COVID. We would often play Solfeggio tones during our distance healing sessions. Here are links to various free recordings.

This statement from Chief White Eagle seems so appropriate as we navigate the pandemic and the path ahead.

**Hopi Chief White Eagle (July 9, 2021)**

"This moment humanity is experiencing can be seen as a door or a hole. The decision to fall in the hole or walk through the door is up to you. If you consume the news 24 hours a day, with negative energy, constantly nervous, with pessimism, you will fall into this hole. But if you take the opportunity to look at yourself, to rethink life and death, to take care of yourself and others, then you will walk through the portal. Take care of your home, take care of your body. Connect with your spiritual home. When you take care of yourself, you take care of everyone at the same time. Do not underestimate the spiritual dimension of this crisis. Take the perspective of an eagle that sees everything from above with a broader view. There is a social question in this crisis, but also a spiritual question. The two go hand in hand. Without the social dimension we fall into fanaticism. Without the spiritual dimension, we fall into pessimism and futility.

Are you ready to face this crisis? Grab your toolbox and use all the tools at your disposal. Learn resistance from the example of Indian and African peoples: we have been and are exterminated. But we never stopped singing, dancing, lighting a fire and rejoicing. Don't feel guilty for feeling blessed in these troubled times. Being sad or angry doesn't help at all. Resistance is resistance through joy! You have the right to be strong and positive. And there's no other way to do it than to maintain a beautiful, happy, bright posture. [It] Has nothing to do with alienation (ignorance of the world). It's a resistance strategy. When we cross the threshold, we have a new worldview because we faced our fears and difficulties.

This is all you can do now:

- Serenity in the storm
- Keep calm, pray everyday
- Make a habit of meeting the sacred every day.

Show resistance through art, joy, trust and love."