

# Energy magazine™

The Official Publication Of Healing Touch Program™



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# Healing Touch for *babies* workshops

by Rita Kluny, RN, CHTP/I

Many people have done a lot of "inner child" work in their own healing journey, but very few recognize the value of discovering their "inner infant". I have been working with babies for over 35 years, and have held hundreds, maybe thousands of these tiny beings in my hands. I have to admit that I was fairly "asleep" in the beginning about what they carry in their awareness. I saw that even the tiniest infant showed personality, no matter how young, and this fascinated me.

In the 80's, "Rebirthing" knocked at my door. I was intrigued by the fact that I could breathe in a certain fashion, and that I could remember events of my past. I dove into this practice for years, and eventually, I remembered my birth. Simply speaking, I woke up.

I had rebirthing sessions during which I had memories in utero, right before my birth, and even remembered my conception. Some of these memories set precedence in my life that I had not known. I was living in Europe at the time, far

from the nursing world. I lived in a retreat center that created enough emotional safety for me to go deeply within to explore and heal old wounds, and my own vulnerabilities.

It was an amazing time that opened my consciousness to who we are as babies, and how much we are influenced by our mother's consciousness and environmental conditions. Our very beginnings set up a template that initiates deep-rooted patterns.

For example, I had one Rebirthing client who had been in an incubator for months as a preemie. During his sessions, he remembered being separate, alone, in a box. He also recalled his fear when people approached, because there was always the possibility that they may hurt him (drawing blood, starting IV's, etc.) These insights helped him to breakthrough, and understand why he isolated himself. Within the next year, he met a woman whom he eventually married. His whole being relaxed.

Time and again, the insights (whether it was me giving or receiving a session) amazed me about the delicate, yet very strong nature we bring in with us. After years of working in Neonatal Intensive Care, I realized how much I had in common with the babies in my care.

My professional life as a nurse was transformed. The day that I returned to the hospital world, I had an epiphany as I walked into the unit. I saw all these babies lying on warmers,

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in incubators...in all of their Light...struggling with the dense, tense environment that we create for them. The NICU staff observed their conditions, but no one really saw the baby as a sentient, very aware being. It was explained away by the comment: "They don't remember any of this."

At that time visiting hours were cruelly limited, so that we became their moms. And eventually, when it came time to go home, the babies went home to their estranged parents.

We have come a long way. There is more awareness of consciousness... of the value of natural birth...of the idea of creating safety for babies, but there is so much more to discover! Research is emerging everyday about how sophisticated babies are in their perceptions, their senses, their memories and their ability to communicate.

The trend in our society shows that children are anguished, and the solutions are not very obvious. The speed of activity in our lives actually rips away the organic process of

Below: Rita Kluny, RN, CHTP/I, demonstrating using a pendulum on an infant in her Healing Touch for Babies Workshop.



being, of connecting, of creating wholeness, or perhaps better stated...keeping ourselves intact.

This is where my passion lies. Studies show that even though our brains are not developed in utero, we have the capacity for memory. I had the experience, so I don't need proof. With that knowledge, there is potential for healing emotional wounds that are forming, well before they develop into patterns, and this is what I find very exciting about Healing Touch for Babies.

For those of you who don't know me, I was one of the fortunate who studied Healing Touch from Janet Mentgen from very beginning. Because little work had been done with babies, there seemed to be this idea of caution around energy treatments. For me though, having spent so many years interacting with infants, it seemed like the most natural thing in the world.

The energy of a baby is still so malleable. They don't have filters, and when you are in your heart, they have someone to relate to! For example, one day I was taking care of a little boy who was still on oxygen, whose condition was not improving. He was always distraught, restless, and fighting for air. He was a twin whose brother had gone home. While I was feeding him, I told him that his mother loved him as much as his brother, and that she didn't leave him behind. That the only reason he was still in the hospital was because his lungs still needed healing. Within hours, his oxygen needs went from 60% to 30%, and within a week, he went home. Was it just the Healing Touch, or the message? I think it is both!

After countless questions since the early 90's from my Healing Touch colleagues about using HT on babies, **Healing Touch for Babies** was quietly brought to life at the 2000 HTI conference in Hawaii. Six years later, it keeps evolving into something more than wonderful. For anyone who thinks that **HTB** is just an adaptation of techniques and applications, you are in for a big surprise, and a pleasant one at that. This workshop has developed as a transformative, heart-filled journey that explores the wondrous mystery of creation, birth, infancy, and the powers of healing and love.

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On Saturday, we spend time deepening our own spiritual alignment. Through a series of exercises, we develop a rich heart-opening so that our beings are akin to the being-ness that the baby carries. I spend a fair amount of time in review of some of the techniques from Level One, talk about how to apply them, and adapt them to the baby. Everyone is giving and receiving. This tune-up is a great preparation for Sunday.

Sunday the focus is on baby consciousness, and how babies communicate and develop. I review the research, share stories, and frequently there is a lot of introspection regarding the participants own life stories, be it their own birth or the birth of their children.

After lunch on Sunday, I do a demo with mom and baby. Then we have a few hours of “Babyland”, where parents bring their babies in for practice sessions. This is such a beautiful event to witness. Small pods around the room, where both baby and parent are receiving healings. In addition, it is a holy time where the wisdom of elder women gets poured into new parents, who still need to be nurtured by way of validation, regarding whether they are doing a good job. They also learn an easy technique, or a way of being with their baby; something that they can take home with them. The parents never want to leave!

Even if you are experienced in Healing Touch, I recommend coming for the whole weekend. Although some of it is a review, there is also new information on the differences in the energy fields. In addition, it gives you the opportunity to receive healing, learn new spiritual alignment practices, and share in the sacred space we create. Anyone can attend. Whether you are a nurse, physician, midwife, doula, caregiver, mom, or grandmother, this experience will not only teach you how to give healing treatments with love and safety but also inspire you to communicate with infants on a deeper level, and understand their cues as well. They really do come in as healing catalysts, and WE have a lot to LEARN from THEM. Or maybe a lot to REMEMBER.

I am so blessed to be working with them. They keep me grounded. Their reflection of purity is so holy. They really

remind me of where I came from, and who I really am.

If you can't make it to any of the scheduled workshops, and would like to bring HTB to your area, you can contact me via my website [www.healingtouchforbabies.com](http://www.healingtouchforbabies.com).

I am excited about this frontier in healing, and welcome you to join me. 📧

### Rita's Bio:

Rita Kluny, RN, CHTP/I, lives in Austin, TX and has been enthusiastically “spreading Healing Light throughout the World” since 1990. A nurse since 1970, Rita Kluny became a member of the American Holistic Nurses Association in 1985. In 1988, Rita met Janet Mentgen, founder of the Healing Touch Program. In 1994, Rita was named Holistic Nurse of the Year. Rita has been teaching Healing Touch since 1994. She has extensive experience in integrating Healing Touch in the area of critically ill infants and children. She consulted on a NIH-funded project that researched the effects of Healing Touch on infants in neonatal intensive care. Rita can be contacted by phone at 512-350-4513, e-mail at [healingbabies@yahoo.com](mailto:healingbabies@yahoo.com) and by her web site at [www.healingtouchforbabies.com](http://www.healingtouchforbabies.com).

Below: (cover photo) Rita Kluny with a graduate of her Healing Touch for Babies Workshop.

