

The energetic massage technique used by True Touch Healing is called **Flowing Hands**. Its purpose is to clear blockages in the energetic flow of the body, which allows it to be at its highest functioning state.

This is a very light massage, where the hands or fingertips are being used to establish an energetic transfer. The fingers are placed at certain points on the body, known as acupoints, that are placed on the different meridians.

These meridians are the energetic highways through where the energy is transported, while the acupoints are more the reservoirs that contain the energy and use the energy to feed the specific organs/muscles/nerves etc.

Now when we reach the phase of unhampered circulation and a full relaxation we call it homeostasis. This is the moment of complete silence, where body and mind are balanced, emotions are eased and, in deepest essence, the Soul can come to relaxation.

Is the Human Body Energetic?

For a large number of people the idea of energetic bodywork is still a strange thing. Many do not understand how our bodies are energetic. This is evident when we take a look at our food, because your body needs energy for your organs, for all the things you want to do etc. There is also evidence in the nervous system, which works by electrical pulses that are passed to the muscles and organs. These days it should be pretty obvious that energy extends outside our bodies when you use your finger to activate electronic mobile devices.



Now offering classes in the Flowing Hands Energy modality!

[📄 Download informational brochure here!](#)

Testimonial from Betty Jo:

I first met Kris over five years ago while I was attending a FLOWING HANDS energy class. He was assisting and teaching about 14 students. I have worked in GM for many years and had a chronic problem with my left knee and in both shoulders from working on the assembly line.

During class break, I observed people lining up to have Kris work on them, so I got in line. Kris placed his hands on both sides of my left knee and said he was going to pull out the pain from the knee and did this for about five minutes. I was amazed because my left knee had no pain for the next three days. I continued to work on the assembly line doing hard manual repetitive labor and have been seeing Kris weekly. I truly believe because of seeing him each week I am able to continue working without using prescription medications and, if and when I have to miss a visit to Kris, my body definitely lets me know with the aches and pains of the job.

Through his massage techniques, FLOWING HAND energy work and the use of essential oils, I believe I will be able to continue working for the next several years as I have to. I carry his brochures and cards and hand them to people who have any aches and pains.