

Hand Heart Connection[©]

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A technique which is both profoundly simple and simply profound! The Hand Heart Connection came to be as a result of many years of working with dying person and their families. Combining the knowledge gleaned from the dying process on both the physical and energetic level with an understanding of the Chakra system led me to the creation of this powerful healing approach. One of the most profound lessons that the dying have taught me, that the letting go of life, which death, occurs primarily on the Heart level. This, as we humans are well aware, is certainly true of the letting go on the emotional relationship level!

My teachers, the dying, who are experiencing the process, have also taught me the process of letting go is not always an easy one. It requires a special kind of energy interaction between the dying and those caring for them both personally and professionally. This is particularly true of those closest to them, those who are bonded to them by love, and need. How difficult it is to let go of those with whom we are so bonded.

The Hand Heart Connection enables those caring for the dying to stay in touch with the dying person/patient physically, while letting go of them emotionally and energetically. If possible, the care giver/helper sits at the left, heart side of the patient. After becoming quiet within (centered), the helper places the left hand of the patient in their left hand, palm to palm. If unable to reach the left hand, use the right hand, palm to palm.

The helper, after connecting to their personal source of healing energy and compassion, begins to consciously direct peace and love to the dying person's heart, with their left hands clasped gently as above. At this point, the helper may place their right hand over the person's left hand. This is all that is needed to make the Hand Heart Connection, if both patient/loved ones and caregiver/helper are comfortable. This contact demonstrates something we see constantly when people are connected - i.e. ***when we are holding the hand of the other, we are symbolically holding their heart!*** There is also a deeper meaning to this connection on the energetic level as the hand chakra has a direct connection to the heart chakra. In fact, using the the hands to help or heal, is the physical manifestation of the compassion of the heart, which is the first principle of healing.

If the helper/loved one and patient are comfortable, the technique may be expanded to include the following: while continuing to hold the patient's left hand, the right hand may be moved up the arm, gently resting on the patient's left shoulder. Then, the right hand is placed on or near the heart area, either on the chest or the back (***determine person's preference and comfort level by asking them before placing your hand.***)

You may also place your hand gently on the upper mid chest, just under the clavicle, as this may allay any anxiety some of the dying experience just before their death. It is important to always remember that the patient is a person, thus, we respectfully *ask permission* at each step and follow their lead. Sometimes moving the right hand over the solar plexus (seat of the emotions) in a gentle clearing motion has proved to be calming to those who are facing their death. It is essential to consciously continue sending healing, peace and love to the dying patient as we expand the technique to include any or all of the above.

Since this is a deeply personal interaction, it is of great importance that we disconnect gently, and respectfully from the dying. If you have expanded the technique, return the right hand to the left shoulder, then move slowly down the arm, placing your right hand over the person's left hand as you did in the beginning. Pause here for a moment with your hands encircling the patient's in order to complete this profound interaction. Then, gently remove your left hand from their grasp, and place their hand in a comfortable position with your right hand, before leaving them.

In the Hand to Heart Connection, it is our intention to make energy available to the person who is dying, enabling them to facilitate and/or complete their process of separation and letting go on all levels. What makes this interaction so unique and special, is that those who are helping the patient in this compassionate loving way, are ALSO helped. They become able to allow the dying person to complete their unique final journey in the way they need to. Staying in touch with the dying to this end in this way decreases feelings of helplessness of the loved one/caregiver throughout the dying process. They are not left with the thought that they abandoned the dying in their final hour. By accompanying the dying in this special way, they have given them a sense of peace, love, and gentle presence as they leave this earth.

The Therapeutic Touch Network of Ontario 2008 Vision and Reality Conference Workshop:
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Through TTIA the Flash Drive is available only in flash drive format for \$25. **Hand Heart Connection with Cathleen Fanslow MA RN CS QTTT** A beautiful video by Cathy answering questions and teaching us the Hand Heart Connection – a technique which is both profoundly simple and simply profound. www.therapeutictouch.org