

This all began with a phone call from my daughter. She was exhausted. The reason? Severe, long-term sleep deprivation. Her youngest son, age 5, was going to sleep just fine at bedtime. But every night, between 11 p.m. and 3 a.m., he was waking up, trundling downstairs, and insisting that his mom or dad take him back upstairs to his bed. Then they had to lay with him until he fell asleep again. It was simply wearing her down. So, Oma (that's me) had a brainwave. What if we tried Therapeutic Touch®? It would have to be from a distance – they live 5 hours' drive away. My daughter agreed, let's give it a try.

So, on March 24th, I did a distance session for my grandson at around 10 p.m. – a short session, mostly with one hand, addressing both emotions and physical fields, clearing and grounding. The next morning my daughter phoned me. Not only had he slept right through the night, but he was in a great mood in the morning! I offered another session the next night, March 25th. The next morning, same results. I was shocked. I said, "That's amazing!" My daughter answered, "No, that's Oma!" I offered sessions again on the 26th and 27th. One of those nights, he had been up to the bathroom (and left the light on) but didn't wake his parents up. He was fine for the next few nights, but woke his mom up again on the night of the 30th. So, on the 31st I offered distance TT again – and he slept through that night! Coincidence? I sent him TT for the next five nights, with good results again. And today, almost three months later, he is still sleeping through the night, most of the time. The couple of times when he did wake his parents up, they are able to tuck him back into bed and he went right back to sleep, and they could also go right back to bed and to sleep. My daughter is still exhausted from time to time – she has a busy life. But for the most part, she is able to get a good night's sleep now, thanks to Distance Therapeutic Touch.

I'm sure that a good part of the reason it was so effective, is that I had no expectations. I was curious – let's just try this and see, what the heck. No ego involved, just a lot of compassion for all. That seems to make all the difference when it comes to my Therapeutic Touch practice.