

What is Healing Touch?

Healing Touch is a form of the ancient art of hands-on healing described in the Bible. It is a prayerful practice that works with the energy fields that surround each of us to restore balance in the body's energy system. The intention of this work is not to cure, but to promote a deep sense of relaxation, supporting the body's natural ability to heal. Healing Touch complements traditional approaches to healing. Healing Touch is understood as a process to restore balance and wholeness of body, mind and spirit. By intentionally becoming grounded, centered in the Light of Christ and God's healing love, healing can happen.

What happens in a Healing Touch session?

During a Healing Touch session, you meet with two practitioners who will listen to you and hear your health concerns. The session is offered while you are fully clothed and either seated in a chair or lying on a padded table. Practitioners work with the energy around your body and a light touch may be used if that is acceptable to you. You will be invited to relax but may want to ask questions or share any feelings you are experiencing. Sessions usually last 20 to 30 minutes. God's unconditional love is the power behind this work.

Healing Touch Can...

Connect with the healing power of God's love

Ease pain in acute or chronic conditions

Help strengthen the immune system

Support recovery from surgery

Support cancer care

Help manage stress

Promote relaxation

Calm anxiety



"Thank you for giving me healing touch on Sunday. I felt so calm and peaceful after the session."

"The Healing Touch Group were a great blessing to me. Not only did they minister to me on a spiritual plane, but they brought a loving human connection that lifted my spirits and brought peace to my soul. I believe that these expressions of care truly reflect the mission of the church, which is fundamentally to love God and love others."

Experience Healing Touch In Person

Healing Touch is offered to Cathedral parishioners on the third Sunday of each month, following the 10:30 am service. To book a session, contact the Cathedral office. Team members also respond to requests for Healing Touch in parishioners' homes, in hospitals, nursing homes and hospices. Anyone new to receiving this practice should contact clergy for a referral.

Distance Healing

Distance Healing can be arranged for those who are not able to be physically present for Healing Touch. Practitioners will arrange a quiet time with the recipient, when all can be open to healing. The practitioners replicate an in-person session and prayerfully work to restore balance and wholeness in body, mind and spirit.

Who are the Practitioners ?

Christ Church Cathedral has had a team of Healing Touch practitioners for over twenty years. All members have completed a minimum of fifteen hours of instruction from qualified teachers. The Healing Touch Ministry follows an established code of ethics and all members have completed Safe Church training.

All team members have both offered and received Healing Touch and are deeply committed to sharing this ministry.

Our Healing Touch Ministry is an expression of love and compassion for all who are in need of healing. In offering Healing Touch, it is our intention to follow Christ's example, to love and serve each other.



*“Jesus called the twelve together
and gave them power and authority....
and sent them out to proclaim the kingdom of God
and to heal.”
Luke 9:1-2*



Healing Touch Ministry

*at
Christ Church Cathedral
Vancouver*



If you would like more information about Healing Touch, would like to make an appointment to receive, or want to know how to become a practitioner, please contact the Cathedral office at 604 682-3848, or go to www.thecathedral.ca/get-involved/healing-touch-ministry



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