

## ***THEOSOPHICAL PRINCIPLES REFLECTED IN THE HEALING ARTS***

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Therapeutic Touch, a healing modality known as energetic medicine, was developed by two life-long Theosophists, Dora Kunz and Dr Delores Kreiger. Today's discussion will describe the Theosophical principles upon which Therapeutic Touch was developed.

### **The Theosophical principles in the practice of Therapeutic Touch**

1. Active Altruism and an ethic of service.
2. Compassion for all peoples
3. A belief in the connectedness of all that is-grounded in an ultimate unity that binds everything together. We are all sparks of the same flame.
4. Inner wisdom of an individual to make appropriate choices.
5. An ability of an individual to move to personal transformation
6. An acceptance of all religions, spiritual beliefs.
7. A desire to find truth for self and sympathy for those others who have this same desire-devotion to truth finding.
8. A love for all beings.
9. Thoughts are energy-learn to govern and modulate our thoughts.
10. Let go the anxiety of attachment to results or outcomes.
11. We are a whole being, not a collection of parts. We are energy fields that can communicate with our environment. There is an innate intelligence or wisdom that prevails throughout the universe. Our universe is patterned, ordered, and purposeful, with an inherent harmony, a tendency to equilibrium (Samarel, 2006).

### **Experiential/Demonstration : Therapeutic Touch**

#### **A Compassionate Universe**

By: Nelda Samarel (Healing based on Theosophy and Science. The Quest. 2006)

When practitioners provide TT, they are instruments of compassion; when I provide TT for another, I do not feel compassion, I am compassion, and when I am doing TT, the universe is acting through me; I am simply acting as an instrument of the universal healing energy, fulfilling the universal dharma of compassion. If it is the karma of a person receiving TT to achieve greater health, it will happen. If it is that person's karma to suffer some physical, emotional, or mental affliction, perhaps TT may assist them to have the strength and insight to better deal with their illness. Whatever the result, we cannot place a value on the outcome, nor can we desire any specific outcome. As Dora Kunz frequently reminded the nurses she taught for decades, TT is offered with no attachment to the result, knowing that "the outcome is not in our hands." *Some people ask, "What do Theosophists do other than meditate and sit around discussing?" An outgrowth of both the Theosophical worldview and modern physics, TT is a compassionate intervention used worldwide to alleviate suffering. TT is an example of theosophy in action.*