



The Gift of Loving Touch (TM)

An Attunement to Divine Love Energy

©2011 Theresa Helton

Released on Imbolc 2011

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♥ *The Gift of Loving Touch* ♥

"This modality is for release on Imbolc 2011 as a gift from Godde, your Divine Parents, to all beings through Theresa Helton."

What is Loving Touch™?

It is the process of giving love by the direction of Love energy. This modality was given to me, Theresa Helton, by Divine Mother as a gift of Godde, our Divine Parents through meditation, prayer, and guided insight by the Archangel Michael, Archangel Raphael and my Divine Patrons. It is to be shared in an effort to encourage all beings to awaken to Love and living from Love, living from the heart. It is the power of Love and mankind's use of it that can result in the healing of our Earth Mother.

The Divine Mother states that our purpose in life is to live in joy. By living in joy we resonate with a harmonious energy, the very essence of our origin. The harmonious vibration resonated by all living things is the vital essence that sustains our Earth Mother. It is our harmonious energy that is the life blood of our planet. As mankind continues to move in directions leading away from harmonious resonance, Mother Earth suffers. If she continues to suffer, she will die. If Mother Earth dies, we die. We have the power to heal all of the ills that have befallen our planet. It is so simple a solution that it has been overlooked. It is Love. Simply love.

Love is the key to healing our Earth Mother and therefore saving life. The earth has endured changes before and these changes have proven devastating to life. As all beings continue to move toward spiritual awakening and enlightenment and become aware of their own spiritual evolution, the gift of love that sparks all life begins to grow from a spark to a flame. This special Divine energy is a most powerful source of healing. From giving love one experiences joy; when one feels this joy one knows true Peace. This is the resonance of Divine Harmony. As spiritual beings enjoying a physical existence in physical bodies on this earth, the power is within each of you to bring about the change required to restore life to Divine Harmony. It requires a united effort. It requires all to recognize and acknowledge that all that exist are precious and adored, unconditionally, no exceptions.

Such an undertaking may appear to be overwhelming. Not so. All that is required is to give love to all by deciding to live from love, from the heart. Allow yourself to step aside from ego and give love to all that exists. Recognize the beauty that is life and adore it by giving love. Fill the empty places with love. By doing so we encourage others to also step aside from an ego based existence and live from the heart.

What is meant by 'giving love'?

To give love is to simply feel love when thinking, talking, seeing or visualizing a specific person, object, situation, place or whatever your focus may be. That's it, simply send it love. The techniques used to give love will be discussed shortly.

To begin working with this process, you must realize that love is the key to all things. Through love you can activate the energies of healing, Peace, wellness, joy, tranquility and harmony. Love is the

combination of all of these. By working with love and living from love, profound change will take place in your life and in the world around you.

The love we discuss here is much more than an emotion or a feeling. It is a vibrant and powerful energy that resonates in purity and perfection. It is the Divine connection that is shared by all that exists. It is a vibrantly gentle yet strong energy that flows to and through all that exists. It is unlimited and it is eternal. It is the life force of all things. It is our source of life.

Why give love if it already exists in all things?

We, as physical beings, have strayed from our Divine nature and may fail to recognize it in ourselves as well as in others. We are each aware of the state of our Earth Mother. With so many focused on and living from ego, the thought of living from love is seen as 'new thought'. As spiritual awakening and enlightenment takes place each becomes aware of the effect ones thoughts and actions have upon all things. Feelings dictate what one attracts to their experience. This is the Law of Attraction. When one individual decides to give love, positive change occurs not only in their experience, but in the world. Returning to their original essence of love fosters joy, Peace, Harmony, healing and happiness. The nature of these energies is attractive, magnetic, if you will. Drawn to the 'Light' of love, others will 'remember' the essence of love that is their original nature and desire to return to it. So begins the change that you have been waiting for and hoping to see. Your actions and your work with Loving Touch™ will trigger the reawakening to the power of love within. This is the promise of Divine Mother, Archangel Michael and Archangel Raphael.

The time is now. We are the ones we have been waiting for. Change and co-creation of a harmonious world begins with us! The time for waiting is over. It is up to us. Many have already begun living from love. By working with the teachings and techniques outlined here, you will have tools that you can use to do your part in working with the energy of Loving Touch™.

Love as Energy

Most all are aware of love as an emotion or a feeling shared with other beings such as spouses, family, friends, pets, etc. and also directed toward possessions, experiences, activities and much more. This is a basic truth.

Divine Mother wishes to remind all beings that love is also an energy that can be drawn upon, channeled and directed for the highest good of all concerned. It is to be used freely by all and accessed freely. Love energy is Divine energy much like healing energy. Its color is radiant pink.

The Loving Touch™ Gemstone

The stone of love energy is watermelon tourmaline. It has been called the 'super activator' of the heart chakra. This stone is a vibrant green which corresponds to the heart chakra. It has a radiant pink core which corresponds to love. It is recommended that Loving Touch™ practitioners obtain a watermelon tourmaline gemstone. The stone will serve to further empower your work and will act as a focal point for you. It is a reminder of the aural colors of the energy you are working with. It is the stone of this modality and the Loving Touch™ energy. The stone need not be polished and can be a fragment of a raw stone. It is important that the pink and the green colors be evident. Photos of the gemstone can be found at the end of this document. The stone can be worn as jewelry, carried in your pocket or medicine bag. Larger stones can be used on altars or shrines.

Touch

By learning the techniques of Loving Touch™, you will not only be using your sense of touch, but you will also be using your sight, thoughts, speech and breath to direct the energy of Love. For our purposes here, the word 'touch' refers to interaction between the person giving love and the receiver (where the love energy is being directed). It may not necessarily be the act of physically touching. It is a touching of heart. It is the direction of Love energy. It is the giving of love with a purpose.



The Techniques of Loving Touch™

Empowering Your Love With Divine Love Energy.

The techniques of Loving Touch™ are basic and very simple and by reading them you will be able to remember them and use them freely. You will come to intuit from your inner 'knowing' which technique to use in every situation or circumstance.

Attunement/Alignment

As per Divine Mother, there is no need for anyone else to attune you to this energy modality. You will be attuned and aligned with these energies by Divinity and the Archangels when you embrace 'The Loving Touch™ Blessing' the very first time you intone (speak) it.

It is suggested that you prepare by cleansing yourself. You might want to obtain candles for your ritual if you so choose. Three candles: 1 White (Divinity), 1 Pink (Love), 1 green (Heart) are suggested if you so desire. Then simply light your candles when ready and intone the blessing. If you have your watermelon tourmaline gemstone, include it in your blessing rite by holding it between your palms while holding your

palms together in prayer. Please be sure to cleanse your gemstone before you use it. (Suggestions for cleansing your stone can be found at the end of this document.)

The Loving Touch™ Blessing

This special blessing will further empower your work with Divine Love energy. The blessing should be used as a daily devotion. It can also be used whenever you prepare to work with the Loving Touch™ modality. You may address your Higher Power using the name you prefer.

“Blessed Divine Source of Universal Love, make me a vessel and channel of Divine Love Energy that I may shine the Light of Love and direct Love Energy to wherever it is needed. Grant me the ability to hear, see and feel the source of deepest need. It is my desire to be a Light of Love that my example may awaken others to living from the heart, from Love. May Divine Love Energy warm all hearts that all may live in harmony and joy. And so it is.”

The Loving Touch Visualization

Use this before you use any of the Loving Touch™ techniques. It only takes a moment to access the energy. With practice you will be able to do this as quickly as turning on a light

“Relax, releasing all negativity. Go within. Visualize your heart chakra (vibrant green), open your crown chakra and visualize the radiant pink Love energy flowing down into your vibrant green heart chakra. See the pink love energy fill your heart chakra which surrounds the pink with green. This is the blending of your inner Love and Divine Love energy. See them both spinning, the pink embraced by the green. Feel the Love within your heart radiate to your body and aura. Feel its warmth and strength permeate your being. Immerse yourself, your body and aura in the energy. Let it flow throughout your being. See your aura as a radiant pink with a vibrant green halo, much like a watermelon tourmaline stone. When you are ready, choose the specific technique you wish to work with. At this point you are open to sending Loving Touch™ by using the suggested techniques or one of your own. When finished simply acknowledge closing your crown chakra with a blessing.”

Use the following techniques after connecting to Divine Love Energy by using the Loving Touch™ visualization.

♥ Physical Touch

This technique is simply physically touching or placing your hand/s where you wish to direct the energy and give love. This can be very casual or as formal as needed. In this day and age, be respectful of

personal space, not all people like to be physically touched. This technique works best with family, friends, pets, handshakes, physical objects, etc.

♥Heart to Heart (Raising the Cone of Love)

This technique works best between two or more beings. It is like a spiritual touching of hearts with each person sending Loving Touch™ energy directly to another person with both aware of the process. It is very powerful and it can be used to raise love energy for the purpose of sending love as a group or in a circle. This technique is ideal for Earth healing endeavors. Individuals sit in a circle or facing one another and use the visualization to raise the energy and send it to one another or outward to a desired goal or need.

♥Sight Beaming

Sight Beaming is the technique of sending love energy directly by simply using your eyes. Focus on what you wish to send the energy to by looking at it and then fill it with love.

♥Words of Love

This technique is the use of your voice to send love. It can be speaking, singing, reading, chanting, spoken prayer, etc. It can be a simple phrase that you include in your everyday greetings such as 'you are loved', or 'be love', or your own special blessing of love that you share with all.

♥Loving Breath

This can be a whisper, much like the blowing out of a candle on a birthday cake. With love energy flowing throughout your being, focus your thoughts on your breath. Breathe deep and visualize your breath circulating in your very blood. See it flow through your heart chakra. See it flow to your lungs. With your lungs filled with air, release the love as a gentle whisper of air from your lips directing it to all. This is especially effective and fun to use when blowing on candles, dandelions, or blowing a kiss.

♥Loving Caress

This goes along with Physical Touch but can be very effective when you wish to give love to someone or something you do not have physical contact with. Simply imagine yourself very lovingly caressing the person, object or situation. Send the love energy into it through the visualized embrace.

You can use Loving Caress each time you give an actual hug or embrace.

♥Loving Radiance

This technique is used to send Love Energy to all that exists. In essence, your body and aura are like a beacon radiating Love Energy outward from your heart in all directions. The Love Energy flows outward and lovingly touches all. You may continue this for as long as you wish. This is a wonderful way to give love while you are walking in nature, running errands, or simply silently meditating or praying.

Using Guidance

There is no limit to the techniques you may use with Loving Touch™. By going within, you can use your intuition to receive guidance as to how you can use this system. By accessing this Love energy you are not only the vessel or channel of this energy but you are being Divinely blessed. There is no wrong way to give or receive love.



The Only Requirement

The Gift of Loving Touch™ is an energy alignment modality and a gift from Godde: Your Divine Parents, Archangel Michael and Archangel Raphael and my Divine Patrons. The energy is directed by Godde and the Archangels. By intoning the Loving Touch™ Blessing you are aligning yourself with the energy of this modality and are thereby attuned.

As a Loving Touch™ Practitioner you are required to share this modality with others. You may offer it to family, friends, online friends, and anyone who desires it. It is to be treated with the dignity and respect accorded to Godde.

There are no levels or titles associated with this modality, for we are all One. However, for the purpose of identification with this modality as a practitioner the term 'Loving Touch™ Practitioner may be used. Certificates are not needed with this modality.

This modality is protected and blessed by Divinity and the Archangels. It is to be distributed free of charge. There will be no charge for this modality under any circumstances.

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To cleanse/clear your stone you may follow one of these suggestions or use a method of your own:

Smudge with sage.

Hold it under running water with intention of cleansing.

Place it in a bowl of water or salt water.

Carefully dip it into the water at the seashore holding the intention of cleansing/clearing.

Remember; if you use salt to cleanse your gemstone be sure to rinse it thoroughly after removing it from the salt/saltwater.

To further empower your stone with Love you may wish to let it rest in the direct light of the full moon for an evening.



Raw Watermelon Tourmaline (Wikipedia)



Watermelon Tourmaline slices (Photo by R.Weller/Cochise College)

"Give Love, feel Joy, know Peace." T. Helton



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