



Meditation – Fitness – Yoga – Massage – Reflexology – Energy Healing & Reading

## **Insights: Touch**

Touch is a form of communication, a dance, or story that is written without words or language. We can be touched emotionally, without any physical contact. Physical touch can be comforting, nurturing, and reassuring, but it can also be inappropriate. Inappropriate touch is interpreted as a physical threat, sexual innuendo, or violation of personal space. The appropriateness of touch is cultural, environmental, and societal. What one individual finds comforting, another individual may find unacceptable, making it even more important to be respectful and mindful when touching someone physically.

Touch is very important to our physical, emotional and spiritual bodies. A client who came to see me for a massage told me it was very difficult to be single, to not have someone present to touch you physically. In his mind he believed married or partnered individuals had an abundance of touch in their life. What he couldn't see was that married or partnered people often also experience emptiness, even when touch is present. Even in an openly touchy relationship it is possible for there to be an internal ache, a longing, a need to be reassured, nourished and supported. Sometimes people believe they can fulfill this need through sex or intimacy. But sex can mask or cover up underlying needs and emotions, becoming a temporary, though pleasurable distraction. The internal ache is more of a spiritual ache, one of the self seeking a connection through physical and emotional peace. When that ache is nurtured through meditation and conscious touch, the spirit, mind and body are aligned.

There is something extraordinary about pure touch, when it touches your spirit, and nurtures your core being. The intention within touch is what makes the difference. Sometimes we don't really know how our own touch affects others. To get a sense of your own touch place the palm of your left hand on your heart and hold it there for a few minutes. Notice your breathing, heartbeat, and the palm of your hand. Is your hand relaxed and confident? Can you feel your heartbeat? Now, imagine how powerful your touch might be in comforting someone else, when you are present with your intention.

Everybody needs human touch – respectful touch, and everybody has felt the ache I described above to some degree. If you're experiencing the desire to be held or touched, then ask someone close to you to hold you, or book a healing massage for yourself. This kind of massage nurtures your whole being, making you feel cared for and nurtured.

There are some basic guidelines with respect to touch:

- a) Don't assume that because you feel comfortable touching, that others are as equally receptive. Respect their body language and don't force yourself into their space. If you are unsure about giving someone a hug, ask first. Equally, say no if you're uncomfortable, and don't feel like you need to apologize. Just say no.
- b) Do touch others with pure intention. Take the time to shake hands with integrity and to hug with sincerity.
- c) Nourish your body with regular healing massages. Your body will love you and you'll feel revitalized, refreshed, and rejuvenated.

We are touched by the Spirit of those we touch.

*Light, Laughter and Love,  
Regina*

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