

Healing Hands Training



the
healing
power of
our hands

“ Through their hands, every human being possesses a healing potential that can be awakened & developed through relatively simple training and practice.

Practice makes perfect

Dr. Jorge Carvajal Posada

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Humanity has always used hands to restore health. With our hands we create, we caress, we provide care ... When something hurts, the hand instinctively goes to the affected place.

Hands-on-Healing Training shows us **how to use our hands to promote a healthy state, prevent diseases and help to cure them if they have already occurred.** Healing Hands Training (*Manos*) stems from Sintergética, a therapeutic proposal conceived by Dr. Jorge Carvajal that seeks the integration of the medical systems of the great human cultures with the western medical system, in order to contribute to a new culture of health where the person can be seen and treated comprehensively.

Manos is based on the same principles and is aimed at all people, with the aim of awakening the healing potential that we all carry inside. When hands connect with love and intelligence, that

prodigious union enhances the power of creation. This is the secret of Healing Hands.

The hands that once were legs, claws, mixed support and grasping instruments, have allowed us to hold on, manipulate tools, create and liberate ourselves. This progressive process of humanization culminates in the opposing movements of the thumb and the possibility of the pincer grasp, which have accompanied the liberation of the human potential through the development of language and expression. The use of hands symbolizes that Quantum leap that sped up the entire evolutionary process. We first discovered fire, we rummaged through the seeds and we released the essential fatty acids necessary for the expansion of the brain. We modelled the stone that was carving our hands.

We invented sedentary life, agriculture. We sowed, and we cultivated ourselves.

The evolution of the hands has been part of that progressive process of liberation that constitutes, the quintessence of our humanization. Hand in hand we become human. We free ourselves. And the maximum expression of freedom is creativity, which makes each human being an artist and a creator.

The language of the hands.

The postures of the hands or mudras represent an original communication instrument, a kind of archetypal language. It is a communication code used in the practice of manual therapies which complement the induction of measurable electromagnetic energies in the patients' bodies.

By using the hands, various areas of the brain are activated: thus, when painting, writing, massaging, a

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pattern of neural field connectivity is established that is specific to each function. When, using the hands, we welcome, bless, point, we generate a specific pattern of neural connections that create a particular emission field. When we hug, we not only use our arms and hands, but the entire body energy field, whose energy is a carrier of thoughts, intentions and feelings.

The hands integrate and project the fourth and fifth energy centers, that is, the cardiac and thyroid plexus, which in the Hindu tradition represent the currents of intelligence and love. The hands are connected to the heart through the circulation of the brachiocephalic trunk. They form a neural network with the neck and cervical cord through the innervation of the brachial plexus. Verbal language and the hands language

are intimately integrated into the brain, since the motor cortices of the hand and the word are activated synchronously and reciprocally.

What happens when a trained therapist uses his hands, even without contact? and what if it's done with the intention of healing? Potential discharges can be induced whose intensity is hundreds of thousands of times greater than that of known biological potentials.

As described by various researchers, through the hands, trained healers can accelerate wound healing, activate the growth of cell cultures or decrease the awakening time of animals undergoing anesthesia. The potential of the hands has been demonstrated at the Heart Math Institute, a pioneer in the emerging discipline of Neurocardiology.

Research shows us that when we achieve a high degree of cardiac coherence, as takes place by experiencing a feeling of unconditional love, the rhythms of our biology are ordered and our hands produce an ordering field capable of repolymerizing the depolymerized DNA in a test tube.

And we cannot help but wonder, if that happens in vitro, what cannot happen in vivo?

The experience of hundreds of volunteers serving in hospitals, and prisons, in nurseries and nursing homes demonstrate, beyond any doubt, the enormous therapeutic potential that service - love in motion can unfold through our hands.

Program summary

Training Program

Module I: Hands for everyone.
Techniques to restore, preserve and promote health

Module II: Healing.
The art of Healing with your Hands

Module III: Etheric manual therapy.
Regulation and energy harmonization through the biofield

Module IV: Reflex therapy.
Hands techniques to heal in the integration of reflex screens

Module V: Practical synthesis.
The most effective clinical protocols

HEALING HANDS TRAINING

Training approved and delivered by the International Synthergetic Association
(Asociación Internacional de Sintergética - AIS) www.sintergetica.org



Program

“ Healing Hands changed my life ”

Module I

Hands for everyone

Techniques for self-health management

Objectives

- Train and sensitize the hands to energy fields.
- Learn global harmonization and vitalization techniques.
- Develop simple methods of information transfer within therapeutic settings.
- Practice basic self-healing manoeuvres.
- Develop alignment methods that allow effective use of people's healing potential.
- Learn to use the hands as antennas for transmitting and receiving energy and information.
- Liberation of maximum tension zones and dissolution of energy barriers.

Content

- Consciousness as the common thread. Transition of matter to energy, and information to consciousness.

- Other human symbol reading codes.
- The movements of consciousness and the properties of the holon. Consequences of a holistic approach.
- Hands and evolution: a systemic vision.
- Hands and the humanization process.
- The language of the hands.
- The hands and the spirit of synthesis.
- Hands and brain evolution.
- Hands, the evolution of consciousness and energy centres.
- Hands: a universal therapeutic tool.
- A synthergetic vision of manual therapies.
- Awareness of energy perception.
- Zero points or antenna points and their activation through the hands.
- Essential therapeutics. The harmonic resonance method.
- How to help yourself and others in restoring energy.
- Mudras and basic postures.

Program



Modulo II

Healing

The art of hand healing

Objectives

- Learn methods for preparing the healer.
- Learn the subtle anatomy of the human being.
- Develop the ability to perceive and interact with the biofield.
- Learn radiation, magnetization and pranization techniques.
- Know the energy geometry and its use in therapy.
- Learn to apply the three essential types of energy for maintaining health.

Content

- Healing as a common denominator in all human cultures.
- Subtle Anatomy: Decoding the Human Symbol.

- Practical proposals to awaken our healing potential.
- The body from the perspective of information and energy.
- The circulation of energy and the biofield.
- Prepare the instrument.
- The healer's conditions.
- The soul and conscience in the hands.
- Heal the healer.
- Essential healing practices.
- Radiation magnetization and pranization.
- Alignment of practices.
- The energy centres. Dipoles and basic triangles.
- Focus and correction of energy leaks.
- The dynamics of group healing.
- Therapeutic circles and group alignment techniques.
- Self-help groups.

Program



Module III

Etheric manual therapy

Regulation and energy harmonization through the biofield

Objectives

- Learning the meaning and use of the most important mudras.
- Learn the use of the central axis or midline of the body as a place of therapeutic synthesis.
- Develop the ability to integrate different reflex screens or somatotopias as a means to reinforce therapeutic action.
- Learn to interact with different aspects of the same organ or system through different reflex points.

Content

- Biofield, etheric field and quantum field.
- Synthergetic theory of the five brains and signal conduction systems.

- The anchoring of the etheric network.
- The five movements, mudras, combinations and employment.
- Rules for the combination of mudras and the genesis of doshas.
- The glandular system and the chakras.
- Triangles, pentagons, tetrahedrons and energy geometry in the organism.
- Field work therapies.
- Health promotion, disease prevention and cure.
- The combination of mudras and basic postures for self-health management.

Program

Module IV

Reflex therapies

Hand techniques to heal in the integration of reflex screens

Objectives

Learn to integrate the different reflex points or somatotopias into a single therapy process using the hands.

Content

- Brief description of the main reflex points.
- Nodal or phase transition points and their importance in reflex therapy
- Reflex therapy of the vegetative nervous system and the sympathetic ganglion chain.
- Cephalic somatotopies and corresponding mudras.
- Integration of reflex screens corresponding to the three basic energies. The integration of the great movements of energy. Life energy, prana and ancestral energy.
- The basic techniques and mudras for activating the energy of the central channel.
- The central and peripheral anchor points of the five movements.

Program



Module V

Practical synthesis

The most effective clinical protocols

Objectives

- Learn to integrate the five movements in the central nervous system.
- Acquire the ability to design therapeutic protocols aimed at optimizing the quantity, quality and distribution of energy.

Content

- Simple techniques for restoring unity and health.
- Integration primary and secondary chakras and central nervous system.
- Advanced alignment techniques.
- The global harmonization of the biofield.
- Therapeutic protocols.

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