

Title: A Heart Hug for J.
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During the last school holiday I had five children in the age of 7 till 17 over for a TTouch workshop. These children all live together in one familyhouse because – for different reasons – they can't live with their own biological parents. K. welcomed these children in her house and provides them a safe home. Every holiday she is going with the kids, their three dogs and two persons who help her, to a child-dog workshop.

In this workshop I taught them different TTouches. They tried them on themselves, eachother and ofcourse on the dogs. Although touching or being touched was not for everyone (people as well as dogs) as easy to do or accept, they were all able to experience what TTouch is all about in their own tempo and within their own possibilities.

At the end of the workshop I also showed them the Heart Hug TTouch. "How do I do this on the dog?" J. (the youngest) asked me. I said "you don't". The boy was obviously dissappointed and looked a bit sad. Then I explained that this is an extra special TTouch to help yourself. It can help you feel better in case you feel a little nervous for instance. "Or when you feel scared?", "or angry?", "or sad", "or anxious?" the kids asked. "Yes, yes, yes, exactly! In all of those situations this TTouch can help you settle down" I replied. By then J. looked a lot happier again.

One day later I got a message from K. She let me know that the children really enjoyed the workshop and that they would love to attend another TTouch workshop in a next holiday. She also told me something else. J. had a visit with his father. These visits make him usually quite anxious. Today he did the Heart Hug and it helped him feel better. He also explained to his father why he did it.

Reading about his experience brought tears to my eyes. It makes me so grateful that I may pass on this wonderful gift of TTouch. That the lives of people and animals are becoming a little brighter and more beautiful because of it. Just wow!