

THE STORY OF HEIN, aka MIRACLE BOY

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Living in South Africa, it is a great privilege to meet Linda in person, imagine receiving your Practitioner certificate from her personally! My Ttouch story led me to exactly that.

I started training as Equine Practitioner in October 2007. I loved the work, especially when practising the bodywork on people. This came to good use when my son sustained a severe head injury in October 2011.

I used Ttouch from the first moment, when I had to call my mother to tell her that her grandson's brain was bleeding and first did some lip circles and heart hugs to calm myself down. Whenever the neuro-surgeon had to talk to us and I had to convey bad news to other loved ones, lip circles were the order of the day. Reminding myself to breathe properly from the diaphragm also greatly assisted in keeping me calm when things got tough.

We were not allowed to physically touch Hein the first days to let his brain and body rest, so I would sit in the waiting room doing imaginary touches all over his body. I also sent him positive thoughts whenever I got to sit quietly by his bed.

The hardest thing to do was to leave my youngest child 'alone' on the hospital bed at the end of visiting hour. This is where visualisation made the difference. I could visualise him safely in a bubble golden bubble, where no harm could get to him.

When I got 'the call' to rush to his bedside, because his heartrate went out of control, I was allowed slow, mindful heart hugs directly on his chest, on top of all the wires and stuff, and watched the monitor to see his erratic heartrate stabilise and then gradually slow down to a more acceptable 80bpm (from jumping between 30bpm to 120bpm).

Later, when the heavy sedation was lifted and we were allowed to touch him, I focused on ear work to help him wake up, and steady his breathing. As he came out of the sedation he began to fight the ventilator, and heart hugs together with tiny raccoons on his face and more ear work helped him to stop biting on the ventilator tube.

Later, when he was coming out of the coma, I still did lots of ear work and heart hugs, python lifts on his legs and arms, clouded leopard on his legs and shoulders, and all of the variations I could think of. Later still, when he was moved from ICU to High Care, I could do even more Ttouches, especially heart hugs and ear work to help him fall asleep.

Much later, when he was home and relearning to walk, talk and read, it was very difficult for him to concentrate even twenty minutes, especially when he began to realise that he was twenty years old and reading at Grade One level. Robin Hood then e-mailed me a chapter on her book on wraps for humans and it made all the difference. Having a wrap on his head helped him to focus and read more than one page, comprehend what he was reading, and retain the memory longer.

After surgery to his wrist, ear work again helped him to wake up from anaesthesia faster, and racoons reduced the swelling and bruising.

A year after the accident I managed to convince myself that Hein will be fine, staying with his dad and brother, and attended a Tteam course, by Linda herself. Dirk brought his brother over to the social evening, where Linda did some wonderful work on Hein. He still had lots of language problems, even in his mother tongue, Afrikaans, and English, especially with an accent, was very hard for him. (Canadian English has an accent to our South African ears) He could only point to his ankle where the pain was, but after Linda did some work on him, he thanked her in full sentences in perfect English! "Thank you. I feel refreshed now, as if I just woke up from a deep sleep."

He was also quite shy and withdrawn, standing to one side when we took pictures, looking sulky, but when Linda called him over and drew him closer, he gave the brightest smile ever! I have no words to describe my emotions.

The cherry on the cake was when Linda handed me my Practitioner 1 certificate the next day. A very special moment.

We still use Ttouch every now and then, when Hein has pain or trouble sleeping. TTouch is very much part of our lives.