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### **TTouch Magic In ICU**

In 2015 a friend contacted me urgently to determine if I could assist her. Her daughter was born with only two chambers in her heart, as opposed to the normal four chambers. Due to this irregularity she had endured many surgeries over her nine short years and was back in ICU after another surgery to repair her failing heart.

After this recent surgery she showed little improvement, her blood pressure and oxygen levels remained below normal. The doctors were giving her multiple medications to address this, but she remained listless, pale and non-responsive.

My friend asked me if TTouch could help. I told her: "It might help, it can't hurt." This is the beautiful motto we as TTouch practitioners follow. These words keep me curious and open to learning new things.

I felt nervous as I drove to the hospital even though my friend had received permission for me to come and work on her daughter. I entered the ICU in the surgical gown, gloves and mask I had to wear. There lay a beautiful blonde haired little girl, she was a very worrying blue colour. She barely acknowledged me as her worried parents came over.

I observed the situation. The little girl was blue around her lips, her whole body was very pale, she was breathing shallowly and slowly. She didn't appear to have any energy as she looked at me with dull eyes. She was attached to an IV drip, heart monitor, blood pressure and oxygen monitors. She had a small oxygen pipe in her nose to help her breathe. Her chest was covered with a gigantic bandage hiding the evidence of her recent surgery.

I felt very nervous. The ICU nurses were watching me like hawks!

I gently placed my hand on her shoulder and explained to her and her parents what I was going to do. That it wouldn't hurt and if she didn't like anything she should just say so. She nodded her head slightly.

I closed my eyes, breathed deeply and gave myself Heart Hugs to settle and ground myself. I then started with gentle Ear Work and Hair Slides over her head as that was the easiest place to get to initially. She closed her eyes and appeared to relax. I then did some Raccoon Air TTouches over her chest and Python Lifts along her shoulders and arms. I moved around all the equipment to her legs. I did Coiled Python lifts along her legs and lifted the covers to get to her feet.

At this point one of the ICU nurses approached me and asked me if I was doing faith healing. I answered that I was doing Tellington TTouch which works on the neurology of the body and is scientifically proven to reduce pain and increase body awareness. I asked why. She replied that every time I touched the child the monitors changed, her blood pressure and oxygen levels came up. This was fascinating as I was so focused on what I was doing, I hadn't even looked at the monitors.

As I was now at her feet, I did gentle Clouded Leopard touches all around her feet and toes. As I did the TTouches I looked at the monitors and saw her blood pressure and oxygenation levels increase. I was totally blown away by what I was seeing. The

nurses asked me to show them some of the TTouches I was doing, which I did. The young girl opened her eyes and said she was enjoying the gentle massage.

I then taught everyone how to do Heart Hugs to center themselves and remind their cells of the perfection within. I finished off my time with more Ear Work to give her immune system, respiratory and digestive systems a boost.

That night my friend sent me a text message with a photograph of her daughter sitting up in bed, looking a much healthier colour and drawing in her sketch book. I was absolutely thrilled! She came home a few days later and has been improving steadily ever since.

The doctors ultimately claimed it was the medications that worked. My friend and I know that it was the magic of TTouch that helped bring about this incredible change in the most gentle way. The family do Heart Hugs every night before bed.