

Incorporating Healing Touch or Lomi Lomi techniques, Kamala uses light hands on or slightly above your body to open, connect and energize your energy field. These techniques can help with stabilizing emotions from past traumas, reducing stress, anxiety and pain, and creating a sense of well-being.

Many local hospitals and health care facilities offer Healing Touch for patients, which helps to reduce pain, anxiety and promote healing for people who have or will be having surgery. Healing touch was started by a nurse here in the US, and nurses receive continuing education credits for attending Healing Touch trainings, which are certified by Healing Beyond Borders International.

<https://www.healingbeyondborders.org/>

Lomi Lomi bodywork is a traditional Hawaiian modality that aims to unify the right and left sides of the body, also to attain one-ness in oneself, using figure eight and circular patterns to connect both hemispheres of the brain.

To find out more information, or if you have specific questions, feel free to call, email or text. Short demonstrations and introductory sessions are available, free of charge, because it's sometimes easier to show than to explain and easier to feel and sense than to understand intellectually.