

The Healer's Touch Method

Gracefully Transitioning Grief into Love, Joy & Peace

By Karyn Lynn Grant, LMT, VAMT

In the world today, there is a profound need for compassionate nurturing for those who are suffering from the effects of grief for a variety of reasons.

Yes! There is life after heartbreak, death and divorce! A Joy Coach brings a spirit of love, joy and peace to sorrowful situations through empathy, love and kindness. Have you considered enlarging your circle of influence by becoming a “Joy Coach”?



As a “Joy Coach” you will discover your gift in sharing “The Healer’s Touch Method”. You will discover how you can spread your love for people, oils and music to your own home, family & community as you begin “Mending Broken Hearts with Healing Arts”.


Now, you can further your education as a “Joy Coach” in this Group Grief Coaching Workshop. Also offered via live webinar for those who are out-of-state and utilize your life experience in the process of blessing other’s hearts.

This workshop is taught by Karyn Grant, LMT “The Joy Coach”, Emotional Clearing Specialist, Grief Coach. As you attend each monthly workshop, you will receive information to assist yourself, your loved ones and your growing clientele through the process of “*Gracefully Transitioning Grief into Joy*”.

The “*Joy in the Mourning*” Library (Manuals & Musical Meditations) brings a creative touch to your work as a “Relaxation Therapist”.

Joy Coaching with a Certificate in Relaxation Therapy provides you with a thorough introduction into “*The Healer’s Touch: Nine Point Method*”. This relaxation therapy method is being used to assist those who are facing life changes and struggling with various forms of grief.

Singles, the elderly, children, teenagers and married folk alike all deal with stressful situations. As a Joy Coach, you will learn techniques using music as therapy, aromatherapy, compassionate,



therapeutic touch points combined with Musical Meditations to bring a sense of peace, hope, renewed faith and joy in the journey.

Your Joy Coaching training will assist you in becoming a “Relaxation Therapist” as you learn techniques for *“Nurturing Hearts, Homes & Families”* in your community and nationwide.

Joy Coaching America endeavors to give you a service to render that will bring you a sense of fulfillment and joy! This relaxation therapy course can even help you take the first step toward starting your own business!

“Joy in the Mourning Module 6” provides you with tools in “Relaxation Therapy” as you minister to others with music, oils and a therapeutic essential oil application called, *“The Healer’s Touch: Song & Scent Method”*. This process is becoming increasingly popular with those who wish to assist in:

- Private one-one-one sessions
- Group - Joy Coaching Sessions
- Comforting the Chronically Ill
- Mortuaries - for those suffering the loss of a loved one
- Care Centers for the Elderly
- Rehabilitation centers
- Along with Counseling Services/Therapy venues
- Emotional Support for Single Parents
- Night-Time Nurturing for Children
- Marriage Enrichment

"Joy Coaching America" provides "Relaxation & Rejuvenation Therapy" Courses to help you gain practical, useful knowledge regarding topics such as:

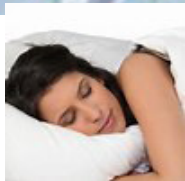
- The Healer’s Touch: Song & Scent Method
- Relaxation techniques with Aromatherapy
- Musical Meditation for Night-Time Nurturing
- Music for relaxation & rejuvenation
- Emotional Well-Being Assessment
- Nine Touch Point Method
- Emotional Clearing & Balancing
- Conflict resolution
- Guided Visualization
- Chakra Balancing & Musical Meridians & Auric Brus



Joy in The Mourning

Raising Your Vibration to Joy

By Karyn Grant, L. M. T.



Did you know that the last forty minutes before you go to sleep, your mind is “hungry” for information that can carry you into a blissful theta state of peace and rest? Musical Meditations can assist the mind in entering the parasympathetic state, where healing of heart, mind, body and spirit can be quickened.



By adding aromatherapy, (whether through diffusing or using “The Nine Touch Point Method”), this becomes a wonderful *Night-Time Nurturing Technique for Emotional R & R*.

For nearly two decades, Karyn Lynn Grant, L. M. T., Singer & Songwriter has been combining song & scent, with her “musical meditations” to raise the vibration in her “Relaxation & Rejuvenation Sessions”. By accessing all five senses, her clients have discovered the journey to joy by gracefully transitioning through lower vibration emotions into higher vibrations of unconditional love, mercy, peace and joy. These “Christ-Centered-Mentoring” Sessions are now available on 40 MP3 or 40 CD format.

The Nine Steps to Night-Time Nurturing

By Karyn Grant, LMT

The pure intention of these “Night-Time Nurturing” & “Musical Meditations” are to give your heart, mind, body & spirit, “food for thought” in those crucial minutes before you go to sleep. During your rest and relaxation time, it is important to reboot the energy centers of your whole being by accessing them through your physical senses; sound, scent, touch, visualization, temperature and more. As you sleep, you can find yourself being nurtured at a very subconscious level. Set your intention to do the following as you listen to your CD of choice:



1. **Breathe out..Release** your unhealthy fears by dropping feelings of sadness, fear, doubt, guilt and shame and accept love, joy and peace.

2. **Breathe in...Restore** and Reboot your energy centers while you are lulled into a soothing state of rest and relaxation. Feel the energy of pure love, through positive meditations filling your heart, mind and spirit as you sleep, nurturing every molecule and atom on a cellular level.

3. **Breathe out and in..Remove** the repetitive cyclical thoughts patterns that disturb your peace and interrupt your joy by gracefully letting go of negative self-limiting beliefs in your mind and accepting your higher calling into divinity.

Raising Your Vibration to Joy



4. **Breathe out and in... Listen** to the musical messages and allow them to massage your soul at an atomic level. Inhale the beauty of the aromas that you are diffusing as you rest. Exhale the mental burdens in your heart and mind. Gracefully Transition from heaviness into heart-fullness as you are nurtured at night-time.

5. **Breathe out and in... Embrace** the pure emotions of love, joy and peace for yourself and all of your relationships. That which does not feel like love, is not love. Any feelings of "un-love" can be gently released from heart, mind, body and spirit as you accept the tender affirmations that are being presented to your mind and heart, via your spirit now.

6. **Breathe out and in... Receive** the gift of pure knowing; a deeper sense of your divinity and the power of your own spirit in accepting the gift of healing as a night-time nurturing activity. This can affect your whole being; mentally, emotionally, physically and spiritually.

7. **Breathe out and in... Experience** the awakening of your divine senses as the vibration and power of the words you are hearing, in affirmation and lyrics, is raised through your physical senses into a remembrance of your divine senses---all accomplished while you are sleeping.

8. **Breathe out and in... Connect to Christ both Creatively and Consciously** as you rest in His loving arms and are encircled in the essence of healing in the spirit of music, meditation and prayer.



9. **Breathe out and in... Awake and Arise** refreshed in the morning, believing that every breath you take is a gift from God as you go forth to experience a new day in your "Journey with Joy".

