

# Community Outreach

## Cambodia

By Paula Swift Healing Touch Practitioner Apprentice,  
Board Member of Freedom's Promise: [freedomspromise.org](http://freedomspromise.org)



Disclaimer: I am a Christian, and Freedom's Promise is a faith-based organization. So while we practice with respect to the belief of those we work with, my faith was the core of every encounter during this experience, and it is part of my story.

When I was first invited to join a team of medical professionals in Cambodia to offer healing touch, it both confirmed my recent conviction to pursue full development and certification while inspiring a quick finish of levels three and four training. The director of Freedom's Promise, a non-profit organization working towards prevention of human trafficking in Cambodia, was already familiar with the practice of healing touch. A former Vanderbilt pediatrics oncology nurse, she had seen the benefits of energy work on her patients in addition to experiencing the power of healing touch herself. She was beyond thrilled to have found someone willing to add this element into their annual medical missions as just one of the ways to help and empower the Cambodian people in their long journey of recovery and restoration following their breakdown nearly 40 years ago.

Finishing level four training in August, I was armed with loads of information and excited for the opportunity to truly practice all that had been learned so far. What I didn't expect, was just how challenging the conditions would be, prompting a much deeper and further understanding of energy healing beyond the techniques. With 34 documented sessions completed (ranging from 15-45 minutes each and not including a handful on the fly), I returned home with a new excitement for all that could be done by simply "doing the work".

The explanation of healing touch and how it can benefit is often a challenge in our own communities, and offering this service with a language barrier prompted a bit of anticipation on my part. I was already receiving curious eyes and quirky comments from my teammates as they worked to understand what I was doing and which patients to refer to me. Add into the mix a young Cambodian medical student, Nin, who was experiencing her first time as a translator and was assigned to me. Double whammy! But there wasn't much time to dwell on the language and understanding of practice challenges...patients lined up quickly on our first day of clinic.

I had no doubt that we would see people healed during our time in the clinic. When healing in the name of Jesus, you will see miracles, and I arrived fully expectant of such. But frankly, I wanted to do more. To offer a service that is not understood and then to leave just didn't feel right. So from the beginning, I left each patient with a small element of self practice - from hands still to a quick hand sweep. It was about all we could handle in explanation with the time allotted for each person. What evolved by the end of day one became clear for part of my mission for the week. It was Nin. Though she struggled at times to understand, she quickly became engaged in the process, explaining what was being done to each patient, asking their permission, and relaying pertinent information, including both physical and emotional elements. I realized that she was going to be the way that I could leave behind the practice of healing touch so that it could continue to be used in her community.

Nin's first impact was with a woman who was pregnant with her fourth child and experiencing extreme vaginal discomfort. Immediately I intuitively perceived that there had been sexual trauma, but it was Nin who also figured it out on her own and began asking the right questions. We learned that this patient had aborted her third child and the situation was painful enough that even Nin could not relay it to me. But the relief that she saw in this patient showed her the power of energy work combined with prayer.

Day two of clinic offered much more advancement all around. We went from having a small chair in a workspace of about 4' x 5' in the backroom of a schoolhouse in the "railroad slum" of Phnom Penh to a cushioned loveseat in a spacious church room in a rural village outside the city of Poipet. Aside from the large roach found when moving the furniture around, the space was fairly clean, open and comfortable for the patients - especially since the toilets were outside instead of 3 feet away as they were in the school room of the previous day. Flowers bloomed outside of the building and breezes flowed through following the heavy rains from the nights prior. Though considered a 3rd world country, this was a calm and beautiful setting!

The villagers filed in with concerns ranging from the common cold to infections. The conditions sent to Nin and I were primarily back and

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all over joint pain with a lot of numbing (and we had seen a lot of the numbing in day one). The primary common element seemed to be heavy toxins in and around the brain as well as throughout the body as sanitation and trash is a serious issue all over the country. We did a lot of magnetic clearing combined with pain interventions among others such as chakra spread. Several of the farmers suffered from work related back pain, and we were led to do a few different techniques. But one of them allowed for us to witness our first miracle.

He was an older man and had soft eyes with a curious expression that reached deep into my soul when he entered the room and patiently waited his turn. There was just something about him that allowed for an immediate connection. Before I could even read his assessment sheet his hunched back revealed to me his primary concern. Having him sit on a bench and lean over a table, we checked the alignment of his spine. I can only say that it was the Holy Spirit that directed

me to do this, because he was the first one that I had actually done a full check of the spine before moving forward. Nin and I could clearly see that there was a large curve in his petite frame, approximately 6 inches long and about 1.5 inches from center to the furthest point. We proceeded with the back intervention while praying over correction and release of the source of his pain. Upon completion, we checked his spine and discovered that it was completely straight!! I looked at Nin and she simply stared with a confused look on her face. So I had her check and recheck with him in a couple of different positions. He stood up straight and tall, and quietly left the room with only a brief smile and bow. Nin and I were speechless, tearful with joy and pure awe and amazement! We showed up, we did the work, we prayed and we were granted the incredible gift of watching a miracle unfold in front of us. We were humbled by such opportunity to be a part of this man's healing. After a bit, the gentleman returned to us with fruits as gifts of thanks. He was walking upright with confidence and without pain. My heart was so overjoyed!! God used MY little hands to do His work. I was incredibly humbled and Nin was inspired!

Clinic days three and four were moved to the church and community center in the heart of Poipet, Cambodia's most challenged city on the border of Thailand. It is here, along with the resort city of Siem Reap, where human trafficking is most prevalent in Cambodia. However, the people are beautiful! They are seeking, they are working hard, and they have redeveloped a sense of patriotism and protection of their people since the civil war and mass genocide in the late 70's. They want more of what will make their community and country strong once again. And as with the village, they came to the clinic seeking comfort and medical care.

Nin and I had the best working conditions in this space. Though a bit more crowded with many more distractions than the previous space in the village, we were able to set up a full table and work station, allowing us to really offer a wider variety of interventions. After witnessing a miracle and speaking with several patients who had felt better after their visit the previous days, Nin was all in to learn as much as possible. These days I became fully engaged in teaching her as much as working with each patient. Many of our patients claimed great physical and emotional relief and healing We cleaned feet. We cleared toxins. We witnessed relief of chronic pains in many patients and settling of high anxiety in patients suffering from cancer and acute infection. And despite the noisy surroundings, we were able to sink deeply into the energy of each individual and fully release

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