

Butterfly touch massage was founded by Dr. Eva Reich in 1950s, to help premature baby survive and to help mothers/fathers and baby bond. Later, this technique evolved and can be used for all aged group for healing and personal growth. As the name suggest, this technique is inspired by the gentle way one might hold a butterfly so that the scales do not come off your fingers, and by the rhythmic grace of the butterfly's movement during flight. This gentle touch invites the life energy of the person receiving it to expand outward so that he/she might experience life richly.

Eva learnt from her father, Wilhelm Reich that at the core of all of us is our life force. This life force pulsates, expands and contracts. However, this natural flow gets blocked as the result of trauma and the building of protective armor. Reich demonstrated that stroking the skin lightly results in the expansion of the life energy, while probing forcefully caused the energy to contract inside.

Eva observed that **light stroking melts tension, healed trauma, and resulted in the life energy flowing from the core to the surface and beyond.**

This gentle touch is particularly useful for:

Birth, babies and children:

- ✚ Help mother relax during birth and restore her energy after birth
- ✚ Help baby's energy to expand after birth to integrate birth experience
- ✚ Help mother/father and baby/child to bond
- ✚ Repair bond if mother and baby separated
- ✚ Help adopted children to heal and bond
- ✚ Relax colicky babies
- ✚ Calm hyper children i.e. to sleep

Therapy

- ✚ Melt Armor
- ✚ Heal the memory of primal trauma
- ✚ Restore energy after accident/illness
- ✚ Comfort patient in hospice
- ✚ Soothe animals
- ✚ Promote bonding for couples, parents and children
- ✚ Develop spiritual connection with body
- ✚ Primal injury in adults including birth injury or being as an unwanted baby
- ✚ Effective in helping abused individuals to feel safe being touched
- ✚ Relieve stress and enhance biological functions

This simple, yet profound technique is gentle and non-invasive. It will not tend to activate any history of abuse and will help both physical and emotional primal trauma.

For more information, visit [Gentle Bio-Energetics Institute](http://www.gentlebioenergeticsinstitute.com)