

The Principles of

# Mind Touch



by Lourdes Aldanondo





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**MindTouch**

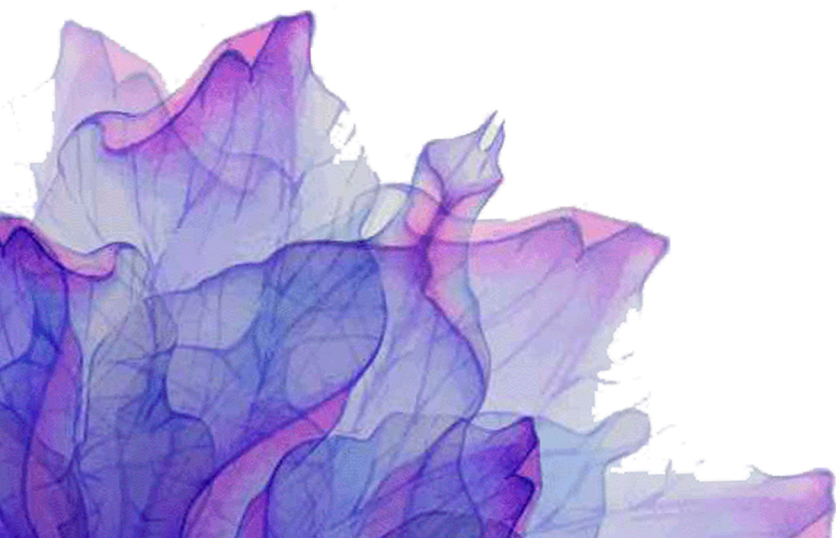
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# INTRODUCTION

MindTouch is a connection-based healing technique that has a direct effect on your wellbeing.

Of all our senses, TOUCH is the one most linked to our emotions, and the only one absolutely essential to reach our full potential as human beings.

Our health, our sense of belonging, the ability to tap into our lives' purpose, is influenced by the relationship and contact we have with others, with our loved ones and the community we form.

We know that the fear of separation, the isolation we suffer in the modern world, is the biggest killer in our society, yet we refrain from reaching out and making contact with the people around us.

I INVITE YOU TO LEARN, TO LISTEN WITH YOUR HANDS AND YOU WILL HEAR THE SOUL'S WHISPER.

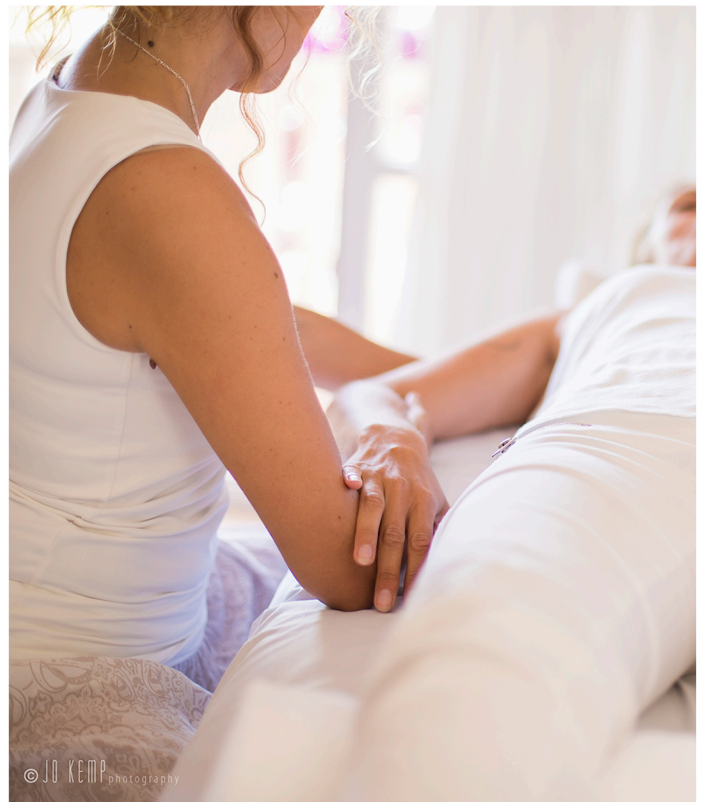
CONNECTION underlies every aspect of happiness and hands reach beyond words.

## MEDITATION THROUGH CONTACT

MindTouch® is a form of physical mindfulness that invites you to practice meditation through safe, nurturing, gentle contact.

I'd like you to remember how nothing is as healing as the human touch.

There's the need to extend our hands to others and together reach a deep state of relaxation and wellbeing. This improves stress related disorders like anxiety, insomnia, headaches, digestive or respiratory problems, depression or low energy, and shows us the way to tap into our own health. It breaks with the feeling of separation and connects us with a sense of belonging.





## REMEMBERING WHO YOU ARE

The basic principles of this technique come from integrating Biodynamic Craniosacral Therapy and Bodywork in a way that nurtures your body and calms your mind.

We cannot separate the physical body from the more subtle layers of our system: the mind, the emotional and the energetic body. Everything is one. The only thing that changes between them is the density of their vibration.

By integrating the different parts of our system and deeply connecting with each one of them we can create the healing environment in which health manifests itself.

MindTouch® is the perfect practice when you need to stop and let yourself be embraced by the feeling that “you’ve come home”. When you remember your soul is not in a hurry and the truth in you can never be hurt.





## BRINGING MINDTOUCH HOME WITH YOU

Many of us tend to bring our meditation and yoga practices home as a way of taking care of our health and personal growth. How about bringing healing back home by reaching out to our loved ones and creating an environment where you feel listened to and looked after?

We all need health professionals with extensive knowledge of the body and mind, but as a preventative measure, and a way to enrich our relationship, who better than a loved one to accompany you on your way back to health?

If you feel inadequate or scared you might do something wrong during the practice, remember how good it feels to be held, to be hugged and cuddled when you're feeling low. Everyone knows how to do it. MindTouch® is as easy as that.

This beautiful form of meditation will remind you of the power you hold in your hands. You'll explore the connection with yourself and others by practicing Midline Meditation and Biodynamic active listening.

You'll discover that you always had the ability to connect and synchronize with others through your hands and will be amazed with the results.

You'll learn a simple sequence and some tools you can take with you and practice straight away with your loved ones.

There's no need for previous knowledge. It's practiced fully clothed on a comfortable surface without any products and can be enjoyed by everyone.

Let's bring healing back home!

Therapeutic touch helps you remember who you are.

Before we go into explaining the therapy's main concepts, it is important to understand the principles and values that form the MindTouch® way.

There are 5 principles I'd like to share with you. You can apply them at any moment in your life but have a particular relevance when you practice MindTouch®. They will help you give meaning to the journey, and to anchor you back to the present, should you lose your way. Like everything in life, you can practice MindTouch® in many ways, but if you follow these 5 points, you will always have a path you can take back to health, and the results will be incredible. Let's take a look.



## 5 Principles of MindTouch

TRUST YOUR INHERENT HEALTH  
PRACTICE ACTIVE LISTENING  
LISTEN WITHOUT JUDGEMENT  
HOLD SPACE WITHOUT EXPECTATIONS  
EXPERIENCE EACH MOMENT WITH GRATITUDE

# 5 Principles of MindTouch

## TRUST YOUR INHERENT HEALTH

The life force inherent in our body has an intelligence, an ordering matrix that knows exactly what to do, how to heal and leads the journey ahead of us towards health. The only thing we have to do is trust in what we call the Breath of Life and get our ego out of the way as to not interfere with the process. TRUST in your inherent health. It is who you really are.



## PRACTICE ACTIVE LISTENING

All our body really wants is to be listened to. Each of our cells, our organs, our system, has a story, and it needs to be recognized, valued and accepted. We have come here to be welcomed and to share our message. Real healing starts when we feel we are being listened to without the pressure to change, when we are allowed to manifest freely who we really are.

## LISTEN WITHOUT JUDGEMENT

Embrace each moment as it comes, without judgment. Every experience is exactly how it's supposed to be, it couldn't be any other way. When we listen without judgment, without trying to influence the outcome, we allow the healing process to flourish and take its course. And remember, everyone does the best they can with the information they have at that moment. Without exceptions.





### **HOLD SPACE WITHOUT EXPECTATIONS**

If you trust the inherent health and listen without judgment there's no need for expectations. Not having expectations gives you freedom. It opens the door to a world full of opportunities inviting infinite possibilities full of wonder. Open your heart and let your hands feel what's being shared with you. Allow yourself to be in awe of life itself. It's a beautiful, humbling experience.

### **EXPERIENCE EACH MOMENT WITH GRATITUDE**

Be grateful for every moment, each opportunity, living in trust, with no judgement, no expectation and you'll become the best version of yourself. Gratitude gives meaning to our lives.

# MAIN CONCEPTS

There are a couple of concepts based on Biodynamic Craniosacral Therapy, that will make you see your body and the way you manifest yourself in a completely different way. Once you acquire this knowledge there's no going back, you will never feel the same again. You'll know how your body really talks and how your system communicates with others and the world around you. Let's see.

## PRIMARY RESPIRATION

Everything in the universe is pulsating, everything has a rhythm, from the smallest cell in our body to the universe itself, which, at the moment, is in constant expansion.

Everything dances in a continuous movement. Movement is life, and we are bubbles of light vibrating away at a certain frequency.

According to Biodynamic Craniosacral Therapy, with its origins in Osteopathy, our bodies have a primary respiration, a pulsating rhythm that is related to the body's intrinsic intelligence and ordering matrix.

This rhythm has nothing to do with our respiratory or cardiovascular system. It's related to our inherent health. This constant expansion and contraction functions at a rate of 8 to 14 cycles per minute.

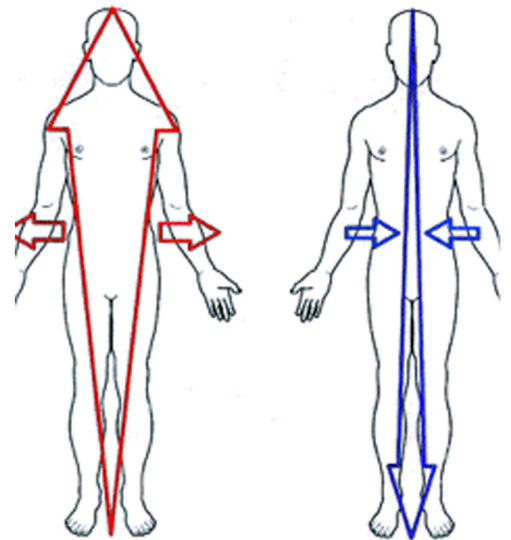
It fluctuates with the cerebro spinal fluid or CSF and it expresses the activation of the nervous system and the body's physical conditions.

By listening and relating to its rhythms we are in direct contact with the Breath of Life, also known as: Prana, Chi, divine intelligence... it doesn't matter. What counts is the way that connecting to it makes us feel. Having a conversation with the Breath of Life is as if we have gone back home, to our essence, and we are having a deep conversation with our soul.

This Primary Respiration can tell us about our stress levels, our vitality, our potency, and it can connect us with that part that feels neglected and needs our attention.

By listening to someone else's Primary Respiration in a safe, trusting environment, we can hold the space while they decompress and release all tension accumulated during a time of trauma and stress.

The communication is clear, powerful, without interference, from one form of ordering intelligence to another, from soul to soul.





## MIDLINE

The Midline is the central axis, of embryonic origins, from where our whole systems expands and contracts in a continuous rhythm.

Around three weeks into gestation, the embryo develops a central line from where all the organs start to evolve.

Our whole system expands and contracts in a continuous rhythm around this Midline.

The body's energy centers align alongside it, and its mentioned in different ways by most therapeutic eastern or western philosophies.

It's a fulcrum that allows us to have a safe, strong core. A central holding point where we can always go back to in times of need. A point of reference always accessible in our lives, anytime, anywhere.



## RIVERS OF LIFE

If life is movement, everything has a frequency and we are pure vibrating light, any interruption of this movement will cause symptoms and dis-ease.

In order to allow this flow of life throughout our body we have different channels called the Rivers of Life.

LYMPHATIC SYSTEM  
CIRCULATORY SYSTEM  
NERVOUS SYSTEM  
ENERGY SYSTEM



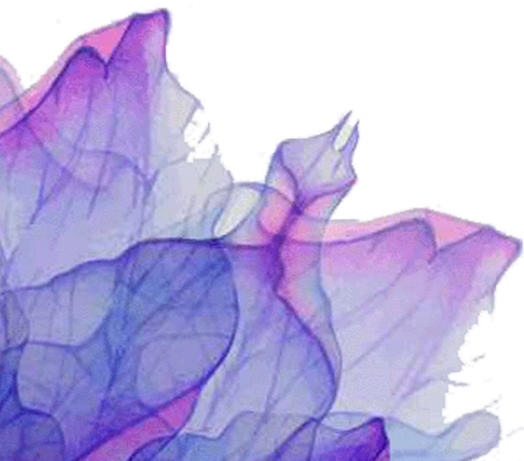


The interruption of the river of life caused by trauma results in tension, creating unbalance and dis-ease.

The only way the body has of dealing with tension is taking non-integrated energy and storing it in a compact cyst to protect the rest of the system.

**ACTIVE LISTENING** in MindTouch® gives the body the opportunity to manifest whatever it is holding and express itself freely. How? By creating a safe, nurturing environment where the system can just be, without restrictions, with no fear of being judged and no expectations.

**RECOGNITION - I SEE YOU**  
**VALIDATION - I VALUE YOU**  
**ACCEPTANCE - I ACCEPT YOU**





## ABOUT THE AUTHOR

Lourdes Aldanondo is the founder of MindTouch®, a beautiful form of physical mindfulness. She believes CONNECTION underlies every aspect of happiness.

Her mission is to enrich people's connections through this amazing method of meditation through contact. She has spent her professional life dedicated to health and personal growth. Her first teaching post was at Westminster University more than 24 years ago and, since then, she has been sharing her passion and enthusiasm for this form of connection and healing all over the world.



Throughout her 20 years of teaching and private consultations, she has helped hundreds of people to trust in their abilities to heal themselves and others, and to eradicate their fear of contact with one another. She has seen how they have grown to trust their bodies, to believe in their inherited health and to remember their wisdom and personal power. Her biggest satisfaction is to see the connections grow between her students, their loved ones, and how they flourish inside this beautiful community.

**CONNECTION WITH YOURSELF AND OTHERS IS THE KEY TO A HAPPY LIFE.  
REACH OUT, CONNECT AND BE HAPPY.**

**For more information**

**[www.mindtouchbarcelona.com](http://www.mindtouchbarcelona.com)  
[@mindtouchbarcelona](https://www.instagram.com/mindtouchbarcelona)**

