



Touching the Light Introduction Letter

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Dear Friends,

Thank you for your interest in my Touching the Light Practitioner's Certification Program. I am proud and honored that you have been guided here. How you got to this moment is unique to you and I am humbled to take the next step together with you in your journey if you choose to do so.

Before I joined the Touching the Light family in the spring of 2017, I felt my physical, spiritual, emotional, and mental states collapsing. I had lost direction towards a purpose. Everything I attempted I felt judged in. Everything and everyone at that difficult time of my life didn't suit me any longer. All aspects of what was important came crashing down like never before: friends, relationships, my housing situation, my finances, future employment opportunities and more. My previous hard work that I had put in unraveled before my very eyes. I couldn't believe it! Nothing like this, and so sudden, had ever happened to me in each phase of my waking life. The stable community that I once loved and felt so strongly about no longer fit me.

Fast forwarding slightly to March 2017, I hopped on an early flight, rented a car from the airport, and drove for hours in unfamiliar territory not knowing where I was going or what I would encounter once I arrived. **I didn't have to know why I did this. I didn't have to know why I got up at 4 AM to catch a flight and then drive through the midwest for three hours not knowing where I was going. I didn't need an explanation. I didn't have to explain myself to anyone. I just did it.**

When I finally arrived at my destination I found camaraderie, peace, non-judgemental individuals from various backgrounds who were there for their own unique reasons, and I became part of a special community that I never knew existed. **How I got there didn't matter.** What mattered was that I was there and present in those moments. I found healing and acceptance amongst new friends who I never knew, but yet I sensed they were familiar to me. I began quickly releasing emotions, doubts, and fears that kept parts of me inverted and closed. I relearned self-healing and that by healing others we can help heal ourselves.

I found myself learning energetic exercises I had only briefly read about. I wrote notes in class, annotated, highlighted and looked back over them whenever I had a free moment. Between classes, I rewrote notes, highlighted in a new color and listened to previous recordings from the year or prior years.

I surprised myself by doing things like relieving pain in the body, balancing the meridian system, calibrating and attuning the primary energy centers of the body known as chakras, working in other dimensions of reality, and yes, even touching the soul.

For me, Touching the Light opened up an endless sky of realizations and things most people would quickly write off. Once one awakens to the infinite possibilities Touching the Light offers, there truly is no turning back.

I can honestly go on and talk for pages about Touching the Light and how it and others who I have met in my journey have positively impacted my life. I am taking the next step as an instructor and am ready to teach the skills I have mastered to others.

Please take the next step with me in learning, in healing and in light.

See you in class!

Warmest Regards,
Gary Kowaleski