

Seven Reasons To Learn Energy Healing

by Taylore Vance

Energy healing is a method of using universal energy or life force to raise the frequency (energy level) of the physical body. Some practitioners prefer to heal hands-on while others just send or project higher energy out of their hands into the client's energy field.

At the fundamental level of our being, we are an interchange of energy with a consciousness. In other words we are a spirit wearing a body. When an application of higher frequency energy is applied to a person, they naturally feel lighter and better. When a person's energy flow gets low and they are more likely to "catch a cold" or get the flu, but when their energy is high, they feel inner peace, joy, and a connection to source energy.

Energy medicine can be applied to yourself just as easily as to another. This life force is the energy behind all healing. Wherever this energy is flowing and in balance, there is health and well-being. Wherever this energy is being blocked or cut off, there is disharmony and disease.

When one is able to flow more source energy they will enjoy fewer or no visits to the doctor's office, the need for fewer prescription pills, and experience no bad side effects, except sometimes a slight healing crisis while the body releases toxins.

Energy Healing Comes In Different Names and Flavors

There are many different methods and names of energy healing modalities, such as reiki, Quantum Touch, faith healing, qigong, AIM Program of Energetic Balancing, healing touch, angel healing, reiki master telephone and distant healing, spiritual healing, pranic healing, Emotional Freedom Techniques (EFT), quantum healing, Sedona Method, shiatsu energy healing, energy field healing, acu-

pressure, kinesiology, medical intuition, bioenergy, energy psychology, NLP, Chinese medicine, Laser Reiki and other alternative healing modalities.

These energy-healing modalities may be used to complement mainstream methods or stand alone as an alternative approach to addressing imbalances and disease. A hands-on energy healer attends to the symptoms of distress — such as stress or pain — in a prayerful context, focusing on the flow of body/mind/spirit energy as the client becomes more centered and peaceful. Gentle touch is sometimes part of the process but it is not necessary to touch for the healing to take place.

Energy healing can create relaxation, release trauma, and energize the thinking process, providing insights for making lifestyle changes.

The advanced energy healing programs like Laser Reiki and the Sedona Method are not about treating symptoms, they are about addressing the thoughts and feelings that are at the root of the problem, and releasing those thoughts and feelings. They go into the non-physical side or the behind-the-scenes causes of the imbalances and remove them.

Energy healing is really at the basis of who we are as beings who walk this planet. We are all made of consciousness and energy, and if we truly realize this, then it only makes sense that energy healing should be a major part of our holistic health plan. According to the book: "Matthew, Tell Me About Heaven," by Suzy Ward, energy healing is the only kind of healing taking place in heaven. There are ongoing programs in hospitals all over the world to bring different forms of healing in to

complement the mainstream health care systems.

Why Learn Energy Healing?

We all have this natural ability to heal others and ourselves; however, without some formal training we cannot fully use the tools. We already have the energy vortexes in the palm of our hands to flow out higher frequency energy.

With traditional reiki, the most well-known energy healing system, it may take several direct applications of energy to heal the pain. Energy is applied to the physical body.

In advanced energy healing systems, symptoms naturally disappear when the root cause of the pain or distress is removed. We can find and remove the root cause of the problem using the advanced Laser Reiki method. When the underlying emotional issue is taken care of, the healing can happen more quickly, and in some cases the healing is instant. Energy is applied to the energy body at a high level, rather than only on the physical shell.

Continued on Page 8

Energy Healing Meditation Exercise

Find a comfortable quiet place where you can spend about five or ten minutes undisturbed. Have in mind a particular change you would like to make. You may have chronic pain, stress about a job or person, a habit of making poor investments, or you might not be attracting the quality of life you desire.

1. Sit quietly and breathe in the golden bright light. Allow that light to fill your heart area. Allow that light to be universal love or God-force energy. Allow it to come into your body, mind, and spirit. As you relax your body and mind more and more, breathe in the golden bright light. See the light dissolving the negative energy about the situation. See the light overcoming the darkness of the problems. You are bringing into your body a higher presence which will dissolve problems.)

2. Feel fully supported and loved by this source energy presence. Feel nurtured and loved. Feel its higher vibration heal and transmute all lower frequency energies into love, peace, and inner joy. Breathe out the darkness, tiredness, and sickness as you breathe in the golden bright light, the perfect presence of source energy.

3. Put your hand over your heart and say, "I forgive myself and all others for this condition. I forgive myself for any thought, words, actions, or deeds I might have had to cause this. I release all. I keep the wisdom. I love you, I love you, I love you," etc.

4. How many times a day can you say, "I love you?" (Remember that it is not the emotion, but the frequency of "I love you" that is important. To whom do you say it? It doesn't matter because what is important is the vibrational frequency of what you are saying.)

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