



WHAT IS ENERGY HEALING?

By Leah Gersteling

Everything around us is energy—it flows through us, around us, and exists everywhere. Energy is in the space around you and in everything you interact with. Sometimes, this energy gets blocked due to stress, negative interactions, or other external factors. When energy is blocked, it can create imbalances, just like when plumbing gets blocked and water can't flow properly. Energy healing works by clearing these blockages so your energy can flow freely, helping you feel better and function at your best.

Different Types of Energy Healing

There are many different types of energy healing. Just like there are many different types of people. We must find what works for us, or calls us, at a particular time in our life. I find that clients can need one or two types of healing during a session. The best part is that energy healing can be tailored to you and what your body calls for at the time.

The main options are:

Reiki

Reiki is based on the concept that we can all heal ourselves through universal life force energy. Originating in Japan by Mikao Usui, Reiki practitioners are attuned to this energy and can channel it to help heal others, no matter the distance. Reiki can have profound effects, assisting in clearing and balancing the bodies energy centres, pain and stress relief and is even used widely today in hospitals. It's recommended as complementary therapy for serious conditions like cancer.

Crystals

According to crystal healing principals everything in the universe, including our bodies, is made up of energy that vibrates at different frequencies. Each crystal has its own distinct

vibrational signature. When placed on or near the body, your own energy mimics the vibrational frequency of the crystal, utilising its unique signature. As long as crystals are cleansed and recharged they should help restore balance within the chakras, clear blockages and have positive effects on the mind, body and soul.

Accupuncture

Acupuncture is a key element of Traditional Chinese Medicine (TCM) and focuses on balancing energy along specific pathways, known as meridians. When these energy pathways become blocked, it can lead to health problems. Acupuncturists use thin needles at specific accupoints correlating to different organs, to assist the healthy flow of qi (energy), blood and nutrients.

Acupressure

Acupressure works on the same meridians as acupuncture but uses pressure instead of needles. It can be extremely beneficial to clients, and assist deep heeling and release of emotional blocks and stagnation of energy within the meridians.

Sound Healing

Sound has a powerful effect on the body and mind, and different sounds, like music or vibrations from instruments such as singing bowls, can help shift your energy. Sound healing can reduce anxiety, pain, and fatigue, and is a great way to harmonise the body's energy.

Aura Cleansing

The aura is the energy field surrounding your body, and it can absorb both your own energy and energy from others. Reiki is a wonderful tool for this. Another great choice to assist an aura and space cleansing could be smudging with sacred herbs such as Palo Santo, Sage, Mugwort or Cedar. Fringed violet and angel sword are wonderful Bushflower essences that are used for aura cleaning and protection. Negative or stagnant energy in the aura can impact your physical and emotional health.

Massage

Massage is an effective method for stimulating energy flow and promoting healing within the body. It helps reduce inflammation, enhance circulation, alleviate stress, and offer other

health benefits. Two types of massage commonly associated with energy healing are Craniosacral therapy, which relieves compression in the head, spine, and sacrum to improve the flow of cerebrospinal fluid, and Reflexology, which applies pressure to specific points on the feet to stimulate energy flow throughout the body.

Yoga

Yoga was originally developed to prepare the body for meditation, but it also helps release blocked energy. The physical postures in yoga can help unlock emotions and energy that have become stuck in the body. Many yoga styles, such as hatha, restorative, and yin yoga, can be especially beneficial for energy healing. It's important to choose classes that focus on the traditional aspects of yoga, rather than the modern, exercise-driven versions.

Qigong

Qigong, part of Traditional Chinese Medicine, is a system of exercises that harmonises the body, mind, and spirit to optimise energy flow. Tai Chi is a well-known form of Qigong, originally developed as a martial art but also used as a healing practice. Qigong combines slow, deliberate movements with deep breathing, and it's a wonderful practice for overall health and healing.

Breathwork

Breathwork involves various breathing techniques that can be used to influence energy flow in the body. Alternate nostril breathing balances the left and right hemispheres of the brain. Breathwork can help you shift into a relaxed state, balance brain function, and improve overall energy levels.

Some other examples include: Box breathe, Buteyko breathing, Diaphragmatic breathing, Lions breathe.

Ecstatic Dance

Dance has been used in healing rituals for centuries, especially shamanic traditions. Ecstatic dance is a free form expressive movement practice where individuals dance intuitively to music, without any specific choreography or judgment. It encourages emotional release, self-expression, and a deep connection with one's body and mind. The practice focuses on being fully present in the moment, allowing the music to guide the movement and fostering a sense

of community and healing through non-verbal connection with others. This can be very helpful for emotional release.

EFT Tapping

Emotional Freedom Technique (EFT), also known as tapping, involves tapping on specific meridian points while using positive affirmations. It's a powerful tool for releasing emotional blockages and shifting limiting beliefs. It involves gently tapping on specific acupressure points on the body, typically on the face, hands, and torso, while focusing on a particular issue or emotion. This process helps release emotional blockages, reduce stress, and promote emotional healing by balancing the body's energy system. EFT Tapping is often used to address issues like anxiety, trauma, limiting beliefs, and negative emotions. It's a simple, self-help tool that can be learned and practiced anywhere.

These are just some of the many ways you can engage in energy healing. Whether you try one or several of these methods, they can all help you clear blocks and improve your well-being.