

Fact About Energy Healing

Energy healing has been used for thousands of years to aid the healing of virtually every known illness and injury. Hospital and clinics around the country are adopting these practices as meaningful and cost-effective ways to improve patient health care.

In fact, Dr. David M. Eisenberg of Boston's Beth Israel Hospital found that one in every three Americans have used alternative healing methods such as Reiki. Studies have also shown that patients receiving energy healings not only recover significantly faster, they also experience much less pain, improving both patient care and reducing medical costs.

What can be treated?

Energy Healing accesses our human energy field to clear blocks and unconscious patterns on the mental, emotional, spiritual and physical levels of our being. Every known disease can be treated with energy healing. Energy healing has been shown to be effective with serious illnesses such as multiple sclerosis, heart disease, and cancer. These methods are effective for treating physical ailments such as back pain, sore feet, inflammation of the joints, and other body aches, pains and fatigue. It also deals with skin problems, cuts, bruises, broken bones, and headaches.

On the Emotional, Mental, and Spiritual levels, energy healing can help identify, re-program, and transform life-challenging situations.

We are in relationship in every aspect of our lives: with others, with careers, with family dynamics, with our body and health, with our spiritual connections -- and most importantly -- with ourselves. Energy healing techniques support the process of uncovering unconscious elements that may be contributing to less than optimal living circumstances. Gaining self-awareness and understanding is a powerful transformational tool to bring joy and balance into your life.

How does energy healing work?

Every human being has a life force of energy which flows through them. The energy that exists within the physical body courses through pathways called meridians and chakras. We also emanate an energy field called the aura, known as our energetic body or Human Energy Field (HEF).

This energy field is vitally important to the organs and cells within our body and supports their natural function. When this energy flow is disrupted, it causes a diminished function within the organ at the cellular level. This becomes a main cause of illness.

How does the energy field work with our thoughts?

The energy flowing within us and around us is responsive to our thoughts, feelings, and emotions. When we have positive optimistic thoughts, we increase the flow of energy and will naturally feel better.

However, when we have negative thoughts, our energy is disrupted in many ways and diminished. This can result in not feeling good, feeling sluggish, and can manifest itself as anger, or frustration. When prolonged, this eventually leads to illnesses.

Having a sound mindset and a positive outlook on life is equally important to balanced physical health.

How does the outside world and UEF affect us?

As science uncovers more information on bio-chemical pathways and knowledge of the Human Energy Field and how the body works, the influences of the environment on health has become very clear. Just as negative thoughts and feelings affect us, so does energy from the environment effects us.

Consider for a moment the attitudes and emotions of those around you, the foods we eat, and the fluids we drink, and more importantly the products we use every day in our homes and workplaces. All these things have a profound effect on our well-being and life.

Why is energy healing so important?

Energy healing and cleansing of the bio-chemical pathways is important for the proper function of our organs at a cellular level. Medical science has shown that each cell in the body has an electrical pathway of energy that is required to function. Without this energy, the cells and eventually the organs fail, and become diseased.

Having balanced chakras and bio-chemical pathways is not only vital, but necessary for restoring proper energy flow and health to the body, mind, and soul of a person.

Working with your Medical Doctors

Energy healers use intuitive senses to gather information during energy scans and can sense blockages and areas within the energy field that are not functioning properly. Often, we detect diseases in their advanced stages that may require immediate medical attention by a physician. We also work with your doctor in treatment of advanced disease and serious illnesses such as cancer.

As an active member of a holistic network, we work hand-in-hand with other medical practitioners, healers, nutritionist, and health care specialist in the treatment of diseases.

Do your home work.

Ask your doctors about these treatments. If they are not familiar with energy healing techniques, then seek out a holistic medical doctor who does understand the benefits and who is interested in treating the root cause for illnesses.

You can also do a great deal of research on line for any of the subjects mentioned here, such as the "aura".

Briefly, there are a few medical institutions which utilize energy healing:

- Manhattan Eye, Ear, and Throat Hospital in New York
- Memorial Sloane Kettering Hospital
- Boston's Beth Israel Hospital
- Columbia Presbyterian Medical Center in New York
- Tucson Medical Center
- Portsmouth Regional Hospital, New Hampshire
- California Pacific Medical Centers

Additional Energy Healing Resources:

Wikipedia: http://en.wikipedia.org/wiki/Energy_medicine