

Core Principles for Energy Healing

Energy Healing is a powerful means to help enhance your wellbeing, thereby enabling you to experience life in a more joyful way.

There are a variety of energy healing modalities. As examples, there is Chi gong, Reiki, Bio-resonance, Yoga, the Eden Method, Unity Field Healing, my work with the Lecher Antenna...and more. It is a growing field. Many people are becoming more and more aware of our spiritual nature, and more able to understand the unseen, and how these affect our nature. Quantum physics has given much credibility to our understanding of energy and our human nature.

All these modalities have commonalities. Most strive to remove blockages and enable circulation for energy to flow. Whatever method you can access or feel attracted to, there are core principles that are true for most methods.

1. **Energy Healing is rooted in the belief that all is energy.**

We are spirit embedded in a physical body, our temple. It is the visible manifestation of our energy bodies. These etheric, emotional, mental, and spiritual energy bodies span out from the physical, in an increasing size one after the other. They work together and impact on each other when there is an imbalance or a disruption.

Our **meridians** are like an energetic bloodstream and part of our body's energy flow system. Their main role is to transport life energy, or "chi," throughout the body. In addition, we have energy centres called **chakras**. They receive and emit energy which provides vital life force and impact our body's surrounding physical area. They act as a network of communications between the physical and the more subtle energy bodies that exist in our biofield. When the flow of energy gets blocked, our physical body is adversely affected.

2. **Energy Healing takes a holistic approach.**

Energy Healing modalities recognize that there are numerous factors that impact our wellbeing. They include our genetic makeup, which encompasses what we inherited from our ancestors, their life lessons as well as their emotional blockages. Our personality and moods are influenced by our upbringing, our relationships, as well as

the energies from our environment and from the earth. In short, everything affects the intricate web of life and impacts our physical as well as our emotional and mental bodies.

3. Energy Healing is non-invasive.

There are no medications prescribed, no physical manipulations. We work on the subtle energies that are on or around the body. It is a gentle approach that is powerful as it works with the totality of who we are.

Our energy allows us to work on what our energy bodies are ready and able to bring to our awareness. I have learned that there is an innate wisdom, in the steps we need to take to heal, because some imbalances or blockages need to be addressed before others. Like the layers of an onion, we need to peel away one layer at a time, before another level is ready to be dealt with.

4. Energy Healing works to remove blockages and disruptions.

When we experience traumatic events, or when we resist an experience that is upsetting, we usually are in a state of confusion and resistance, causing disruptions in our flow of energy. If we resist feeling or expressing our emotions and feelings, we create blockages or imbalances. Energy healing is an important means to find and correct energy imbalances and blockages.

Finding a solution to a problem, or shifting our perception often makes the blockage disappear. We are freed, we feel lighter, as though a weight was lifted. The absence of the negative energy helps our body to come back to balance and harmony.

5. Both the Healer and the Client play an active role.

The healer's role is to provide a safe, non-judgmental, and trustworthy environment for you, as a client to gain trust. Finding and identifying stuck energy pockets is a first step to being able to address blockages. Centering, ensuring energy flow as well as a connection with the Earth and the cosmos are basic to your wellbeing. My Lecher Antenna helps me find, work on these and more.

When openly discussing an issue, the energies of the situation show up. Once named, you can see the issue with more clarity and decide what you wish to do with it. Because healing occurs within, it is important to recognize that it is you that is

healing yourself. With intention, centering, ensuring chi flow and removing the blockages or disruptions will happen more easily. The process requires personal growth and integration. It is a very empowering process, and well worth the effort.

6. Energy Healing complements other modalities.

Energy medicine is a holistic approach to wellness and doesn't replace other therapies. It is meant to support and enhance your healing journey.

Because everything is energy, removing blockages helps your energy to flow. This allows you to explore other health promoting means that somehow seemed unavailable to you beforehand. It is as though you open to new possibilities, and somehow, you allow them to manifest themselves. Possibilities are healthier choices for your lifestyle, a course to take, new relationships, an exercise you wish to start doing...all can be powerful medicine for your overall health. When energy shifts, it makes place for something else to come to your life.

7. Healing Outcomes cannot be guaranteed.

Although removing energy blockages and disruptions in your energy flow is always very helpful, it does not guarantee sudden health. Often it is a process, a journey that unfolds over time, depending on your intentions.

I have found that the heavy and dense energies are most heavy to carry, and that the more we remove, the lighter you feel, the easier the process toward wellbeing. There are many factors that come into play in the complexities of overall health. Perhaps your soul's overall plan requires the experience of difficult challenges, which you may not be able to change altogether, but perhaps ease. One thing we know, energy healing triggers spiritual growth. That is a true gift.