

Emerald House Healing Arts

# Introduction to Energy Healing Free eBook



Our bodies are the smartest computer ever created. When we understand our body's energetic blueprint and how it is designed to let us know when our physical bodies need attention, energy healing can be a tool we use to bring our bodies back into balance.

## **Get started**

Read. Understand. Practice.

## Chapter 1: Why Energy Healing?

Reiki is an energy healing modality used by practitioners who have been attuned to specific healing energies to increase the supply of life force energy. Life force energy is also known as Qi in China, Ki in Japan, prana in India, or biofield energy as described by science.

Our bodies have an energy field (often referred to as the aura). This energy field sends out energy frequencies, and it also absorbs energy frequencies from the environment. This energy field and the energy centers (also known as chakras) can often get dirty or muddied from the constant transfer of energy in and out of our bodies to and from our surroundings on a daily basis. Energy, like dirt, tends to build up over time and becomes trapped in our energy field. You may not feel this trapped energy immediately, but over a period of time as your chakras or energy centers begin to slow down you may begin to notice a sense of heaviness or exhaustion even if you have had a good night's sleep. Eventually, if this energy is not released it can have an effect on your physical wellbeing.

Imagine energy healing as a shower for your energy body. It removes stagnant energy that is trapped in your aura and is slowing down your energy centers or chakras that allow for the flow of your life force energy. Reiki helps to release the stagnant energy so that the natural flow of life force energy can return which will support your body's physical and biological functions.

How can you know if you've absorbed heavy or dense energy, or if your aura and chakras have trapped energy?

You may notice feeling a bit "off," and perhaps you won't be able to logically explain why. It's a good idea to check-in with yourself and ask yourself where this feeling of imbalance is coming from. Is it your own reaction to an event; or are you experiencing imbalance from somewhere else in your life that you just can't explain? When we experience conflict or turmoil in our daily lives that perhaps our logical mind dismisses as something normal and inconsequential--such as a fight with a spouse or a disagreement with a co-worker--and we ignore the effects those events have on us, we are then suppressing those emotions. The energy of suppressed or ignored emotions from conflict will linger in our energy body making us feel uneasy.

With Reiki healing specifically, the practitioner acts like as a conduit for absorbing the dense energy and releases it into the atmosphere. Once the dense energy is lifted, the practitioner balances the chakras or energy centers. As a result, the person receiving the energy healing will experience a lighter, clearer feeling within their energy field. But the Reiki practitioner does not do all the work. At the beginning of the session the receiver is asked to focus on a relaxing experience throughout the energy healing process. The purpose of this is to have receiver reach a relaxed state creating an openness to receive the healing.

Energy healing modalities like Reiki can be used to support prescribed medical treatments. For example, cancer patients undergoing chemotherapy can visit an energy healer or Reiki practitioner to assist in the relief of severe nausea, sleeplessness, and overall anxiety caused by the body's reaction to the chemotherapy. Another example is some may choose to receive and practice different types of energy healing in combination with anti-depressant or anti-anxiety medications as frequently recommended by psychiatrists. Energy healing modalities are not meant to replace Western medical treatments, they simply support medical regimens by facilitating the flow of life force energy.

Reiki practitioners may opt to add other healing modalities to a Reiki session. While using additional healing modalities is not necessary to complete the process, they can simply be used in combination with Reiki to further compliment the healing and clearing process to further bring the aura and chakras into balance and alignment. There are other healing modalities available such as crystal healing, essential oil therapy, sound, and color therapy. While each modality works differently, they can all be used together and in combination with each other or singularly depending on the needs and preference of each individual.

If you are interested in looking for a Reiki practitioner or other type of energy healer to assist you with energy healing, always remember that your intention plays a large part in the healing you receive. So be

sure that you are open to receiving healing by trusting that this healing session will put you another step closer to achieving a mind/body balance, and it also gives the healer a "permission slip" to assist you.

## Chapter 2: Reiki: It's not Magic, It's Science!

### Vitality

It's a word for energy that we all wish we had more of. In today's world, we spend most of our lives rushing around without stopping to take a breather. We try dieting, exercise, meditation, drink lots of coffee and even sodas or energy drinks just to get our vital energy up so we can face every new day. Many of us often end up suffering from various forms of physical and mental health issues as a result of depleted life force energy. Taking time to de-stress helps to improve our depleted vital life force energy.

When none of our efforts to increase our energy or our vitality are successful, it's time to look beyond the conventional methods of self-treatment. It's time take a look at how energy medicine or Reiki can help to restore the vital life force energy. It's time to look a little deeper and figure out where our energy is being drained. Finding the source of the drain requires a bit of self-reflection. Or not. Maybe you know what it is draining your energy. Maybe you suspect a specific event or relationship is what is causing that drain, yet you're not able to remedy it by just cutting it out of your life.

Energy medicine practices like Reiki, work with the chakra energy centers of the body which play a big role in helping us to restore vitality. We become so accustomed to running on empty that we often don't even notice our depleted vitality until we feel the fatigue and discontent with our overall physical and mental health.

Our vitality is linked directly to the endocrine system which is directly linked to the energy body.



Figure 1 Chakras and the Endocrine System

Our physical energy levels are also directly connected to our mental health. Ever notice how some days you are ready to conquer the world, and other days you just want to crawl back into bed and shut out the same world you wanted to conquer yesterday? Did you notice your mental health that day? Did you notice that even though you knew you had a long list of things to do, your emotional health was pulling you back into bed or back to the couch? Have you ever asked yourself why emotional or mental health days seem to be more of a recurring event in our society?

The energy work performed during a Reiki session specifically assists in the balancing the chakra energy centers, and it is a great way to bring that desired vitality back into our lives by balancing our physical and mental energies. To express briefly, our chakra energy centers are all connected to each other and function together from the bottom up. When we feel stable (root), we are able to create (sacral); when we can create, we feel confident (solar plexus); when we are confident, love and harmony flow easily in our lives (heart); when we let love flow, we can communicate and express easily (throat); when our communication flows easily, our intuition is clear (third eye); and when our intuition is clear, we feel more divinely connected (crown).

As you can see, when the vitality of life force energy is off balance in any one of these chakra energy centers, it can affect the rest of the chakras in the chain. Therefore, slowing down the flow of our vital life force energy. This in turn creates an imbalance in our ability to handle stress and anxiety. With time,

mental/emotional imbalance that is not treated can bring on physical manifestations of dis-ease such as headaches, unexplained fatigue, and sleeplessness.

Regular medical checkups and a healthy lifestyle contributes to keeping this well-oiled machine we call our bodies in shape. Receiving regular Reiki healing sessions helps to keep our energy body in shape. The physical body and the energy body work in harmony with each other. Dis-ease starts in the energy body before physical ailments begin to manifest. When you are under a prolonged period of stress, your body begins to react by first feeling anxious, then tightening of muscles in the neck or back, then finally producing intense headaches, for example.

Many peer reviewed scientists have conducted experiments and written about the direct correlation between the physical and energy bodies. More specifically, they have been able to prove that, "...Reiki can reduce the stress response of the hearts in humans and animals." The two main benefits reported by these studies have been the reduction of stress and the reduction of pain. "People who received weekly Reiki sessions of 30 minutes or more for a consecutive period of six weeks as part of a study reported to have lasting effects for up to one year."<sup>1</sup>

Reiki is a fantastic way to contribute to the health and vitality of your body, mind, and soul.

### Chapter 3: The Reiki Lifestyle

What does a Reiki lifestyle look like? Let's take the principals of Reiki as our guide.

Just for today, I am peaceful  
Just for today, I am relaxed  
Just for today, I am grateful  
Just for today, I will work hard  
Just for today, I will be my best self  
Just for today, I will be kind to others

#### Peace.

By grounding your energies and projecting them into the earth, Reiki energy allows you to take one day at a time, one task at a time, and one moment at a time. Reiki energy helps you bring your awareness to the present moment without reflecting on the past or the future.

#### Relax.

Focus your energy on the breath. Imagine the taking in fresh life force energy with every inhale and releasing stagnant energy with every exhale. Think: "Just" (*inhale*) "This" (*exhale*).

#### Gratitude.

Imagine all aspects of your life. Bless everything in your life with loving gratitude. Bless the family, the material things, the personal things, the professional things. Bless the mistakes and the achievements; but most of all, bless yourself for being present in this moment.

#### Hard Work.

With peace, a relaxed and clear mind, and a heart full of gratitude work will not seem so hard after all.

#### Be Your Best Self.

When you feel self-fulfilled at the thought of achieving peace, relaxation, gratitude, and hard work you are already being your best self. You have raised your energetic vibration. Keep it up and you will see an improvement in not just your mental state but also your physical state.

#### Kindness.

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<sup>1</sup> "Reiki, the Scientific Evidence" (Fall 2011) Reiki News Magazine

<https://www.reikiwebstore.com/ProductPage.cfm?ProductID=604&CategoryID=39>

Kindness comes easy when you have raised your energetic vibration. On your daily travels, offer smiles instead of looking at the ground when people pass you by. Give words of support and encouragement when you find someone going through a hard time. Say hello to your neighbors, to the cashier at the store, or the person in line next to you. You will find that the kindness you offer will be returned many times over.

#### **Chapter 4: Living an inspired life through Reiki**

Holding space for others during their healing journey has led me to live an inspired life through Reiki. As a conduit of life force energy, I allow others to freely express their needs and assist them in finding harmony and balance. I live inspired by my Reiki practice every day as I see the people who I help flourish in their lives.

For those who don't understand what Reiki is or how holding hands over a person's body can heal them, I like to explain it like this:

Life force energy is found in all of us. It is the energy created by all of the systems of our bodies including our cells, organs, muscles, and bones working together and expelling an energetic force field outward around our bodies. However, it is more than that. This energy is responsible for our original thoughts and our survival instinct; it is also responsible for our sexual and creative desires; our personal power and self-confidence; feelings of love, empathy, kindness, and acceptance are created by our life force energy; our ability to communicate and express ourselves; our intuition and our connection to the divine are accessed through the development of our life force energy. As you can see, life force energy is not just the energy that our physical bodies need to function, but it is also the energy needed for us to communicate, feel, and experience as human beings.

As a Reiki practitioner I am able to tap into life force energy for myself or others. When I became attuned to Reiki, a channel for working with life force energy was opened through the crown of my head. The initial attunement received opens the energy channel so that the person receiving the attunement can work with life force energy for their own benefit or for the benefit of others. By opening this channel, the practitioner is able to act as a conduit for this energy. Imagine that a practitioner is a straw through which life force energy can easily be absorbed and expelled through inhalations and exhalations. As a conduit, a practitioner is able to release stagnant, repressed or unexpressed energy that is stuck in the body and bring the body's life force energy back to a harmonious balance.

As I support others during their healing journey, I find healing is taking place for me as well. Because of my empathic nature, I recognize what Reiki has brought to my life and my practice. I've worked with many people who have had similar life experiences as I have; people who have needed the same healing that I have needed. And, thus, as I facilitate a healing for someone, I experience healing in the same part of my own life that matches the vibration of my client's healing needs.

Bringing peace, tranquility and creating balance and harmony for others on an energetic vibrational level has brought the same into my own life. All the energy in the universe vibrates at different frequencies; love is the highest of those frequencies. When I set the intention to treat those around me with love and compassion, I am able to facilitate not just healing energies but also bring peace and tranquility to them which gives them feelings of balance and harmony.

I like to take a moment to myself during a session after the Reiki is done, with the crystals are laid out, and I allow the body to absorb the new energy, I contemplate how grateful I am to do what I love. How grateful I am to be living my purpose. I am truly inspired by each positive outcome and by the progress I see taking place before me for each of my clients.

## Chapter 5: A Beginner's Guide to Creating Reality

We hear a lot nowadays about setting intentions and manifesting the reality we prefer. Whether you are a person who practices spirituality or not, it is hard not to notice the transformation that is currently happening on our beautiful planet. From the pandemic to the social upheaval of our times, it is clear that something bigger than us is at play here.

So how can we take advantage of these transformative energies to help change the way we think about our life goals in a way that helps us set clear intentions, so that we can live in the reality that we desire?

I have had a non-religious spiritual practice for many years. What does this mean? It means that I prefer to work with *universal energies* to help guide me with things like improving my health or finding the right job or even connecting with soul clients.

How does someone connect with these universal energies? For starters, you don't have to worry about having an established spiritual or holistic practice because having positive thoughts and clear intentions is all that is needed.

Whether you have a spiritual practice or not, I recommend writing out your intentions on a piece of paper. While you are writing the intentions, it is important not just to visualize what you are intending to create as you are writing, but also imagining what that new reality would FEEL like. This connection between the heart and the mind puts all the mirror neurons to work. In other words, use your full imagination while writing the intention(s). Think of it a powerful daydream.

You can be as creative as you like by imagining an entire scenario, or you can be as focused as you need to be on just a mental picture of the object or goal and your interaction with it. You can now activate the intention by holding the piece of paper between the palms of your hands and repeating the thoughts and feelings in your mind. Try to spend anywhere from two to five minutes focusing your energy on this intention before setting it either on a spiritual altar, or under a piece of clear quartz for magnification of the intention, or any other location where you keep certain notes or mementos. Let your intuition be your guide.

For someone who does have a spiritual or holistic practice, the variations are more diverse since you already know how to access your higher self and/or guides. People who practice Reiki or other similar healing modalities can use the same exercise described above with the use of symbols (depending on their attunement level). In addition, if you like to work with the cycles of the moon or other planets, you can find the best time to work with manifestation depending on the lunar cycles or what planetary placements are most beneficial for bringing about the manifestation of your intentions according to your birth chart and transit charts.

Happy Manifesting!