

Energy Healing - an Overview

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In many circles a movement is now taking place - a growing openness toward deeper views, that can be seen as a 'new paradigm'; a shift in thinking, living and being. A subtle form of revolution is underway on the nature of perception itself. Awareness is opening to question and redefine awareness itself.

Energy healing is a fundamental part of this paradigm shift that when realized, will constitute a deep collective change in the way we see our role and place in the universe.

Ancient and indigenous cultures knew the secrets of the unique natural phenomenon we have called 'consciousness', and used them as common practice and to heal. The Native American and other world indigenous tribes, the ancient traditions of the Egyptians and Greeks, the philosophies of the Hindus, and the religions of the East successfully practiced consciousness awareness as forms of "energy healing" through the use of frequency, vibration, resonance, sound, ritual, color, light, symbols, sacred geometry and other forms of energetic informational exchange.

And now modern science and physics are evolving to prove what the ancient cultures already knew -- that everything is consciousness. Everything is energy!

Emerging theories and evidence suggest that the heart of our experiencing self, reflects something fundamental about the way reality is organized. Author of *Origins in Consciousness*, Adrian David Nelson explains: "*The answer, I think, is that consciousness is ultimately who we really are. There is a profound and consequential distinction between the old materialist view, in which we are isolated fragments of illusory experience and the now emerging view, in which we are each of us truly conscious participators in an on-going unfoldment of cosmic creativity.*"

Nelson researched scientists Dean Radin, Robert Jahn and Rupert Sheldrake to prove categories of psychic phenomena actually occur under rigorously controlled conditions.

"Over nearly three decades, experiments conducted by researchers at Princeton University revealed that when people direct their intention to a physical random system the outputs will often shift in line with their intentions. Outside any ordinary physical contact, the reported effect seems impossible to reconcile within any materialist understanding of the mind.(1)"

Nelson also documented other research exploring this mysterious mind-matter interaction and found that a network of random systems located all around the planet mysteriously respond to collective shifts in attention of entire populations. [The Global Consciousness Project](#), led by psychologist Roger Nelson, found that when dramatic world events occur, and millions of minds respond with similar emotions; strange patterns of order emerge in the data. Where attention goes, order mysteriously flows.(2)

Intention as energy is quickly earning recognition in the health care world. Energy healing practices tapping into the body's own frequencies has commonly been an Eastern practice. It is now being taken seriously by health practitioners trained in both eastern and western modalities as a type of alternative medicine.

And science is backing up its powers: One 2013 study found that 10 minutes of energy healing was as effective as physical therapy in improving the range of motion in people with mobility problems. UCLA even has an electromyography (EMG) lab that studies electrical activity in the body. Princeton's Engineering Anomalies Research (PEAR) laboratory has been studying consciousness related phenomena for over 20 years with measurable results.

What research is proving is all healing ultimately involves energy. Most of modern medicine is allopathic healing methods focused on the physical, mental and emotional levels of life, without recognition of the deeper underlying energy. Energy healing works purely with the energetic level of our being. Energy healing is thus by nature “holistic”.

Every health issue has a physical and an energetic component. Energy pioneer, teacher and author Donna Eden, explains that "any physical, mental, or behavioral problem has a counterpart in the body's energies and can be treated at that level." She points out that "every conceivable health problem, psychological challenge, or dysfunctional habit can be improved if not overcome by intelligently shifting the energies in the body that are maintaining that condition.”

For this reason, energy healing is recognized as quickly growing professional phenomenon. In general, it describes any form of healing that works on the energy system to rebalance, restore, clear or smooth out the flow of energy in your body. It can address physical illness and emotional or mental disorders, and can also promote high-level wellness, peak performance and spiritual awakening.

Just as we have a physical anatomy, we also have an energetic anatomy made up of energy centers called chakras, energy pathways like meridians and energy bodies; physical, etheric, mental, emotional, spiritual and karmic.

Our energy anatomy is dimensionally complex.

Dimensions are not a location; they are raised levels of conscious awareness. As we discover that we are consciousness -- the state of being aware of a greater connection -- we raise our level of understanding, and we raise our knowledge of how, where and why we are conditioned to think act and be, on ever expanding dimensional levels.

One such pioneer is [VortexHealing® Divine Therapy](#) founder Ric Weinman. He's discovered that our energetic anatomy stretches interdimensionally in a complex web of divine lines, blueprints, structures, identities, reality streams, assemblage points, intelligence fields, networks of personality pieces and so much more.

As an author of several groundbreaking books, Weinman is devoted to mapping the complex web of our conditioned consciousness and how it awakens to awareness. He writes: "According to Vedic writings, the universe was manifested from primordial sound and vibration. As human beings, we are a microcosm of that universe—an almost infinite mix of simple and complex vibrations crammed into a small bio-conscious body. If you were to take the package of vibrations that you consider to be you and translate that into a song, consider what that song would sound like. Full of conflicting emotions and body sensations, full of restless and chaotic monkey-mind thoughts, full of eons of past-life history and millions of years of genetic survival history, continuously vibrating out of our consciousness and DNA—consider what that song of yourself would sound like. That's why we are so drawn to nature. The harmony of nature reminds us of our own lost harmony."

The modality of **VortexHealing® Divine Therapy** is based in Divine intelligence and helps reposition our awareness of the concept. *"Because Divinity becomes creation, it does have unique expressions that can be recognized. God is one and yet has unique expressions. In Hinduism, the various gods are really the various expressions of the one unfathomable Reality, often referred to as Brahma. And both Christianity and Hinduism believe that one can relate to these expressions and interact with them—as if they were beings. Each of these “beings” expresses and embodies a unique quality of Divinity. VortexHealing® was created by the divine expression that embodies the quality of Transformational Magic...An important aspect of this divine, transformational magic is love, Divine Love."*

Author and journalist Lynne McTaggart helps expand the consciousness perspective that all life is connected as energy interacting. In her book "The Field" she researches and exhaustively documents what is called the Zero Point Field -- a sea of energy that reconciles mind with matter, classic science with quantum physics, and science with religion. *"The universe is self-regenerating and eternal, constantly refreshing itself and in touch with every other part of itself instantaneously. Everything in it is giving, exchanging and interacting with energy, coming in and out of existence at every level. The self has a field of influence on the world and visa versa based on this energy."*

This system is called the subtle body, a new scientific understanding of our quantum-state existence and the unseen fields that determine our physical human condition.

Cyndi Dale, author of *The Subtle Bodies* explains; "We can't see all the energies that keep the body healthy... Those we can see are called physical, or measurable, energies. Those that we can't yet perceive are called subtle energies. Subtle doesn't mean delicate. In fact, science is beginning to suggest that the subtle - the as yet immeasurable - actually directs the measurable and forms our physical framework."

Energy medicine is an umbrella term that encompasses many forms of vibrational work to include essential oils, herbs, crystals or sound to influence change with the energy field. In a healthy person, the energy field is governed by pattern and order—and that dis-ease occurs when the energy is characterized by imbalance and disorder. In her book *Energy Medicine*, Donna Eden explains; "It utilizes techniques from healing traditions such as acupuncture, yoga, kinesiology, and qi gong. Energy Medicine is the science and the art of optimizing your energies to help your body and mind function at their best."

In the area of Psychology somatics has opened the door to ideas which argue that many features of human cognition are shaped by aspects of the body beyond the brain. Before the modern clinical version of somatic psychology there were earlier practices (like Ayurveda and Yoga) that naturally incorporate science, art, and spirituality to be seen as one integrated whole.

Neuroscientist Dr. Candace Pert writes: "Most psychologists treat the mind as disembodied, a phenomenon with little or no connection to the physical body. Conversely, physicians treat the body with no regard to the mind or the emotions. But the body and mind are not separate, and we cannot treat one without the other."

As we've outlined, the body and mind, are not separate from the Divine 'Spirit' as energy and benefit at the root or holistic level, from treatment as a whole.

As you can see different forms of energy healing offer different benefits. Not all are alike or offer the same results. In general, energy healing has broad ranging to transformational effects depending on the modality and practitioner. It can cleanse and detoxify your system, improve your circulation strengthen and revitalize your body, reduce stress, realign imbalances and more.

The best way to determine if energy healing will work for your specific circumstances is to discuss your situation with a healer.

Initially, Western and Eastern methods seemed diametrically opposed, and the schism between them seemed unsurpassable, until practitioners and patients noticed that the two approaches enhance one another. With this discovery, a new health care process was born, termed integrative care.

Physicians specializing in both eastern and western medicine affirmed the power of energetic healing modalities. Deepak Chopra, a holistic physician who also subscribes to Western teachings, said that science is starting to understand how energy healing works.

"It triggers your own healing system, which is called homeostatis," he said. Homeostatis is what tells your body to create an antibody when you have an infection, or a clot when you fall so that you don't bleed to death.

Scientists like Dr. Bruce Lipton are breaking ground in energetic advancements that are helping us unlearn our own physiology. Lipton, a renowned cell biologist, authored *The Biology of Belief* that literally changes how we think about our own thinking. It details new scientific discoveries about the biochemical effects of the brain's functioning that show how our cells are affected by our thoughts.

The implications of this research radically change our understanding of life. It shows that genes and DNA do not control our biology; but instead, DNA is controlled by signals from outside the cell, including the energetic messages emanating from our positive and negative thoughts.

This profoundly hopeful synthesis of research in cell biology and quantum physics is being hailed as a major breakthrough, showing that our bodies can be changed as we retrain our thinking through restructuring energy patterns.

Dr. Mark Melrose, an emergency medicine physician at Urgent Care Manhattan, said that there's "infinitely more that we don't understand," about medicine, and that alternative therapies such as energy healing could certainly benefit patients, and also are complements to traditional treatments.

From experience, the most impactful energy healing is transformational at the root level leading to deep clearing of conditioned patterns and insightful realizations that encourage changes in lifestyle.

One of the most comprehensive modalities that I know of from personal experience is **VortexHealing®** which is much more than a healing energetic practice -- it is a Divine art. It is a complete transformational process, empowered by Divinity to work as an expression of Love, bringing divine energy and consciousness to anything in creation that needs it. In practice, this enables VortexHealing® to work in a very powerful way on the body, the mind, the emotions, and spirituality, to impact all aspects of the body's energy system, and to transform the deepest karmic issues we hold as human beings on all levels of reality.

Transformation is fundamental to change. If you continue to live your life in the same way; with the same beliefs and patterns and choices ... your energy can eventually revert back to its original state.

When you address the underlying dysfunction and dis-ease on all levels, I've found that left over energies of emotions, shadow sides and conditioned patterns can often arise for review.

This is an important step in self-development. Real healing comes from the powerful combination of:

1. Seeking the truth of who you are by raising your awareness and mining the unseen depths of your being, to include the shadow side.
2. Actually feeling your feelings.
3. Taking significant lifestyle steps towards a better way of being.

Energy healers are most affective that help you realize that you are your own best healer and the most powerful healing happens when you own your reality by relating experience to choices made, examining shadow sides, embrace feelings, change how you think and learn to be present in life.

Carl Jung was forever saying that 'wholeness for humans depends on the ability to own their own shadow' because he recognized that **ONLY** by finding understanding of the dark side of ourselves could we be made

‘whole’— and, as incredible a claim as it is, it is that all-liberating and all-reconciling and all-redeeming and all-healing— and thus all-transforming.

Owning the shadow both introduces us to the hidden aspects of our persona and also the hidden treasures. In his book "Owning Your Own Shadow", author Robert A. Johnson adds, "Curiously, people resist the noble aspects of their shadow more strenuously than they hide the dark sides."

Marianne Williamson agrees with the common human phenomenon in her widely popular quote. "Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, fabulous?' Actually, who are you not to be? You are a child of God. Your playing small does not serve the world."

What many people who are waking up realize is that this process of conscious self discovery in and of itself IS the journey of transformation. It is an awareness, a metamorphosis that has been gained by struggling with and working THROUGH the levels of consciousness -- a journey that can be both painful and ultimately enlightening. This awareness itself is its own tool and is often referred to as awakening.

"When we realize that who we are is formless awareness we begin to lose the fear of death. When, as this formless awareness we realize we are also physical form we begin to lose the fear of life." ~ Loch Kelly

Meditation teacher, psychotherapist and author Loch Kelly teaches simple tools of awareness that assist in stepping out of our chattering mind. From your new awareness-based operating system he helps us learn how to train the brain to remain at home in the heart.

The process is paradigm shifting and simple. Loch Kelly describes awakening as *"more like returning to our natural condition. It is an undoing of techniques and a returning home, and a way of discovering and uncovering a natural condition. When this natural condition becomes revealed, we then learn that it can maintain itself in a very wonderful way. However, the initial first step requires glimpsing the natural condition, which involves a willingness to unlearn."*

The mere fact that you're reading this article is proof that energy healing is gaining ground as a holistic alternative and integrative complement to conventional medical care. Twenty years ago no one knew what acupuncture or Reiki was. Now major insurance carriers are providing coverage for acupuncture treatments. And Reiki is being offered in hospitals and other medical establishments.

Our world is radically changing and people are demanding alternatives to symptom based, pharmaceutical fueled health approach. People are getting sick and tired of being stressed, sick and tired. The famous proverb "Physician, heal thyself" seems very appropriate in our over commercialized medical culture.

Donna Eden believes our body is engineered to tap into its healing forces, and acknowledges that that force leads to health. She states in her book, Energy Medicine, co-authored with David Feinstein, that the body wants to heal, and that every cell carries extraordinary intelligence and fortitude. And, while we all sometimes need outside help and direction, she claims healing is an inside job.

Conventional medicine, at its foundation, focuses on the biochemistry of cells, tissue, and organs. At its best, it saves lives and inspires health. At its worst, it is a dehumanizing commercial entity that economically preys off of suffering.

Energy healing, at its foundation, focuses on the holistic root of disease -- the vast energy fields of the body that organize and control the growth and repair of cell, tissues, organs, genetic and karmic history and consciousness itself. At the minimum, it relaxes, rebalances and revitalizes. At its best -- it is truly transformational and a metamorphosis!

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