

SET TALK

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HEALING ENERGY TECHNIQUES

As a massage therapist you are most likely aware that energy is always involved whenever we touch our clients. I am sure you are also aware that people heal themselves and that it is not us doing the healing. Many massage therapists use specialized energy techniques with their clients to promote healing and are incredibly successful. If you have not developed energy healing techniques and incorporated them into your massage practice you may wonder what this energy is, where it comes from, how you can use it, and what the scientific basis is.

Today in the alternative medicine field there is a rapidly expanding morphic field of energetic healing that used to be considered quackery. Many massage therapists are tapping into this morphic field of energetic healing and are very successfully treating their clients. Thus, energetic healing is now held in higher esteem and even seen as a primary treatment of choice for many who are open to it. Therapists doing energetic healings have achieved some remarkable healings for conditions not normally associated with the benefits of massage that are often overlooked because there is no proof within the linear cause and effect guidelines. However, looking beyond the direct cause and effect mobilization of tissue, and looking at the possibility of infinite possibilities that exist when energy is focused with healing intention, the possibilities are limitless.

Massage therapists frequently use energy healing techniques such as the Quick Release Technique, Reiki, acupressure, therapeutic touch, polarity therapy, and many others that transfer energy from their hands to their clients for healing. There seems to be varying degrees of success with some therapists having far more success than others. This isn't just due to one technique being better than another, or one group of clients being more open than another. The difference appears to be between the individuals applying the technique rather than the in the technique itself. Certainly clients' willingness to heal is primary, and sometimes there are hidden agendas that sabotage their healing. When blocks to healing are perceived it is helpful to bring them into awareness creating the opportunity for resolution.

However, this does not account for the differences in the effectiveness between individual massage therapists applying the same techniques. All therapists have their own individual skills, abilities and techniques for using

energy healing. Over the past five years the energy for personal growth and healing seems to be increasing and many therapists are taking advantage of this. This is a time for therapists to explore and study the evolutionary methods of energy healing and take advantage of the increased energy now available.

From my own studies I am going to share some common tenants regarding energy healing that I have found to be present with every successful form of energy healing.

1. True healing energy comes from a Higher Power. The energy for healing is not mine and I am not the healer. To work effectively energetically we must let go of our attachment to ego and our attachment to outcome, and engage a Higher Power as the source of the energy. A Higher Power has infinitely more wisdom, effectiveness, and ability to heal than the energy that would come from me alone as an individual.

2. True healing comes from the heart space. Richard Gordon of Quantum Touch, Dr. Richard Bartlett of Matrix Energetics, Dr. Eric Pearl of Reconnection all teach methods to develop the heart space for healing along integrated with other techniques. Emei Qigong has many techniques to expand the heart space and expands our concept of the heart space by recognizing that each cell of the body as a heart space. Each of these techniques has been researched and used successfully countless numbers of times producing phenomenal results. What is clear is the energy of the heart chakra can be expanded and developed with a focus on a positive intention to become a channel for Higher Power to heal.

3. Stepping outside the box of our beliefs. A major block that creates a struggle in developing potentials for healing is the limiting structure of our already formulated beliefs that are full of bias. Whenever we step outside of our belief systems we become open to the possibility of achieving results not limited by our old linear beliefs. Thus, letting go of our beliefs is an absolute necessity in developing our intuition and healing skills.

Quantum physics has expanded our understanding as to why and how energy healing is possible. Two quantum physics concepts that validate energy healing are:

- **Intention and intent shape our reality.** For the healer it shows up as setting the intention for healing, dropping into the heart space, and connecting with the Higher Power. Then the Higher Power with its infinite knowledge, wisdom and capability will determine what healing is appropriate and allow it to happen.

- **The smallest particle of observable energy is the photon which has properties of light, energy and information.** All matter including our bodies is composed of photons. Experiments with photons show that the process of observing photons actually changes them as well as the observer. This concept explains the theory of a very powerful healing technique.

If we meditate and bring light into our heart chakra, energizing and expanding that chakra, we will be connecting with the light and energy of Higher Power. We then set the intention for healing, hold this intention in the expanded heart chakra, and observe the client as a light body in whatever form / pattern / or intensity that appears. By the mere act of observing we are making possible the opportunity for positive change and healing.

When using this technique structural changes have been verified using applied kinesiology. Applied kinesiology evaluates a structural imbalance, then this healing energy technique can be applied, and applied kinesiology can then be used to verify the changes that have taken place. Thus, it is obvious that being connected to the Higher Power while observing the photon light body of the client from the heart space with the intent to heal can produce positive structural changes that are part of the healing process.

If you are already using any of the energetic healing techniques you know that the more you use them the more energy-aware you become and the more energy you have available. If you are a beginner you may now want to start incorporating energy healing techniques into your massage treatments.

One of the most powerful tools to use is a light meditation. A very effective technique for light meditation is to sit erectly either in a chair or in the lotus position with your spine straight, relax, and take several deep breaths concentrating on releasing the tension on the exhalation. Then visualize a source of light immediately above your head. Bring that light down into the top of your head and see it flowing down through your body into your heart area. Keep this visualization active allowing a continuous flow of light from the source above your head into your heart area, and observe your heart area filling full of light, intensifying, and expanding. Continue to do this for approximately 10 minutes. If thoughts intrude it does not mean you are not effectively meditating. The thoughts are connected to stresses, so just release the thoughts and return to the visualization of the light filling the heart chakra and expanding.

If you practice this technique it won't be long before the heart space dramatically expands to become almost limitless. This will begin happening fairly quickly after starting the meditation. One of the incredible effects of filling your body full of light energy is a bubbly tingly feeling that will spread throughout your body including your hands. If you will practice this meditation each day before starting your massage practice you will connect with the Higher Power and have much more energy that will transfer from your hands while doing massage.

Once you become familiar with this technique you can begin to apply your intentions for healing to your massage techniques. When this energetic technique is applied to Cranial/Structural techniques you can affect amazing changes in your client's entire body. I invite you to study with me further to develop this potential.

Other techniques that are incredibly useful involve using the light meditation to expand and activate the pineal gland (the 6th chakra and the seat of intuition), and to open and balance the chakras which can affect the overall well-being of your client. Both the pineal and the chakra techniques can also be used for self-healing and self-expansion. This will give you an incredible start to develop and expand your energetic healing potential, and hopefully open the door for seeking more knowledge and information on how to do so. Cranial/Structural Energetics classes are now available to learn how to use light healing energy techniques for structural balancing. For more information on light meditation and light healing please see our new energetic website www.cranialstructuralenergetics.com. There is also a meditation CD available on that website.

Please visit our website for more information – www.StructuralEnergeticTherapy.com. You may also contact me through that site with any questions you may have.