



What is “Energy Healing”?

Energy is everywhere and in everything. We are all made of energy. Our thoughts, our intentions, our actions, are made up of energy, too. Einstein knew this when writing his famous formula $E=MC^2$, which simply says that everything is made of energy, even matter, which is simply energy in its most dense form. If everything is made of energy, including us, then everyone has the ability to use energy healing to improve their daily lives.

Energy healing is a term used to describe therapies that manipulate the energy circuits in the body to regain balance and to revive innate healing ability. It's also referred to as Energy Work. Energy healing is inexpensive, universal, and unlimited. It can effect positive change for anyone on the physical, emotional, and spiritual levels. It can release stress, or—as Chinese medicine has known for centuries through acupuncture—restore vitality and balance to organs and systems of the body. It can be used to clear negativity from a situation, and it can help one move beyond cycles of dysfunction and disease in ways that modern medicine and modern psychology cannot touch.

Energy Healing can release blocks stored in the energy fields and help bring one's body back into an optimal state of function and well-being. Some well-known forms of Energy Healing Include: Reiki, qi gong, Acupuncture, Reflexology, Kinesiology, Chakra Healing (there are numerous others). They have touched millions of people's lives all around the globe to take charge of their own personal well-being on the physical, emotional, mental, and spiritual levels.

Excerpt: <http://kripalu.org/blog/thrive/2014/08/20/energy-healing-as-a-path-to-wholeness-and-awakening/>

Energy Work Can Reduce:

- Stress, Depression, Anxiety, Fear
- Pain & Physical distress
- Grief & Trauma
- Chemo & surgery side effects
- Limiting & Unhealthy patterns

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Energy Work Can Increase:

- Energy, Joy, Happiness
- Mental Clarity & Relaxation
- Inner Peace & Well Being
- Immunity & Recovery Rate
- Spiritual Growth & Connection

Scientific evidence for Energy Healing:

1. Bruce Lipton, Ph.D., and author of the books “The Biology of Belief” and “Spontaneous Evolution,” explains a concept in quantum physics called “entanglement.” This is when an energy source entangles with another so that they interfere with each other. This interference can be positive and harmonious, as with energy healing, or it can be negative. Physicist Amit Goswami published an article in a physics journal showing how entanglement affects people. What his study demonstrated is that when two people become entangled, one person will conform to the energy of the other person. When one of them is a healer whose cells are vibrating at a higher level, the client’s cells become entangled, and their energy is lifted. Read the full Article:
http://www.huffingtonpost.com/meryl-davids-landau/healing-over-the-phone_b_1011510.html
2. The Intention Experiment-- by award-winning science author Lynne McTaggart-- is a revolutionary, groundbreaking exploration of the science of intention. Drawing on the findings of leading scientists on human consciousness from around the world, this book demonstrates that thought is a thing that affects other things. Thought generates its own remarkable energy that you can use to improve your life, to help others around you, and to change the world. She takes her readers on a mind-blowing journey with a team of renowned scientists to determine the effects of focused group intention on scientifically quantifiable targets, such as humans, plants, and animals.
3. Dr. Masaru Emoto's performed a series of experiments observing the physical effect of words, prayers, music, and environment on the crystalline structure of water. Emoto hired photographers to take pictures of water after being exposed to the different variables, and subsequently froze it so that it would form crystalline structures. The results were astounding. After observing these miraculous results, Dr. Emoto typed out various words (both positive and negative), and taped them to containers filled with water. The water stamped with positive words were far more aesthetically pleasing and symmetrical than the water stamped with dark, negative phrases. This tangible evidence is remarkable. If words and thoughts have this kind of effect on water crystals, imagine the kind of effect they have on people. Read the full Article:
<https://www.masaru-emoto.net/en/science-of-messages-from-water/>