

Energy Therapy

Energy Therapy is a *form* of hands on healing that uses energy diagnosis as a means of determining~ the subtle causes of imbalances in the four fold body structure. It can be used alone or in conjunction with other forms of therapy, such as Reiki, *Seichim* or Spiritual Surgery to alleviate stress and assist in the prevention of disease. The less obvious causes of illness have their origins beyond the ability of our present day technology to register. These causes reside deep within the energies that compose each person and emerge in the four major expressions of human activity, namely physical, emotional, mental and spiritual. The only way of approaching the activity of these levels is through an awareness sensitive enough to read the deeper energy activity. This awareness can only be developed through a process of deep spiritual meditation and it was through this avenue that these modalities unfolded.

Energy Therapy lies in the broad tradition of spiritual healing but in a very specific sense. Its emergence in the 1970's was not the result of association with any particular school of thought or religion, or of any passing on of traditional beliefs or practices. The people involved in the research that led to energy therapy had to arrive at it through their own independent line of inquiry, through painstaking observation of their own use of hypnotherapy and other techniques involving altered states of consciousness, and the effects of these upon themselves as practitioners. These effects caused a search beyond the known frontiers of hypnosis and other trance states. Only as those frontiers were broken through did understanding begin to come about what was being entered into. It was an ancient healing tradition announcing itself, what was new was the manner in which it was being approached.

The step by step transition from the use of one form of therapy to another was made possible by, and contained one important element. This was the concept of energy. The basic premise of this research was that this entire universe is the result of energy functioning in myriad ways.

Our deepest yearnings, our profoundest thoughts, our grossest physical actions are all energy results. The very existence of the body, its function as a oneness, and the many functions of cells and organs that are contained within it, likewise, are all products of energy. Applying the concept of energy to all circumstances within their practice, the researchers came to understand that health is a result of all the energies involved in human existence being able to apply themselves through their natural channels in unimpeded fashion. Impediment in a channel meant blockage in the normal energy flow to the person and, depending on the severity of the blockage, so it could give rise to local or widespread conditions.



In this understanding, the causation of the majority of ailments that beset people lies in an energy circumstance of which the physical/mental condition is but a result. The outstanding feature of the development of Energy Therapy has been this progressive understanding of the whole area of sickness and healing in terms of energy. Once it was understood that the cause of people's problems resided in circumstance within themselves, it followed that what had to be looked for was a healing technique of an energy nature that could enter and deal with that circumstance, "instruct" it and assist it to return to normalcy. Using Energy Therapy, we are able to access the information the body, mind and soul wish to convey this is because all of our health problems are related to a separation from our Higher Self. This separation causes blockages in the energy flow and sets up negative imprints and patterns that show themselves through our behaviour and interaction with others. If we are not able to heal ourselves at the emotional and mental level, eventually disease will prevail in the body. Energy Therapy works very intuitively and assists in bringing the four fold body system back into balance.

In the application of Energy Therapy, there is an energy transfer occurring through the therapist to the person being treated. The energies of this transfer are of varying intensity and subtlety. Some are related directly to the physical, the majority are directed to the more subtle realms of the mental and emotional body.

Energy Therapy can help in clearing such imbalances relating to:

- Disconnection from your Higher Self
- Negative and addictive patterns
- Nervous and anxiety problems
- Relationship problems
- Spirit and dark force attachments
- Cellular memory release
- Chakra imbalances

*Spiritual
Emotional
Physical*

Energy Therapy is a gentle way to help the fourfold system of physical, emotional, mental and spiritual levels integrate and resonate in a natural and harmonious manner.

The effect of energy separateness from one's Source means a blanketing or dulling of deeper abilities and a feeling of unwellness. The conscious mind of the person becomes dominated by the physicality of its existence, unable to recognize the more subtle functions that otherwise might happen in that physicalness. Those functions do not cease to be; they merely continue to reside where they have always been — in subtlety —but they are shut off from the person. Those abilities are able to function once more when the blockages have been removed. Energy Therapy has the capacity to remove such blockages to allow the person to function in a more normal, balanced and healthy manner.

Article by:

Lyn Asmar (Metaphysical Educator & Reiki Master / teacher)

www.sirianmeditation.com

