

ENERGY HEALING PRACTICES



QUICK REFERENCE

Different Types of Energy Healing Practices

Quick Reference Different Types of Energy Healing Practices

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Different Types of Energy Healing Practices

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Introduction

When you run out of energy, it feels tough to do just about anything. Your brain doesn't seem to work as well as it should, and you feel physically weak. A lack of energy can also cause your emotions to act up. In many ways, feeling less than energetic can negatively affect many areas of your life. This is because each of your cells requires energy. You naturally create energy, but outside influences and inner physical disturbances can diminish how well you create the energy you need, and w that energy flows through your body.

When your energy system isn't functioning as it should, you don't have to simply accept the condition you are in. The bioelectric energy center in your body can be returned to normal functioning, and even supercharged. Just as you apply antibiotics and a bandage to a cut to help it heal faster, there are healing practices new and old which can return your natural energy flow to its proper state.

In some cases, people that experience energy healing for the first time speak of amazing new realities and realizations. This is because many of us in the hectic, distraction-filled 21st century have never been taught that there is an energy system inside our bodies that is responsible for our physical, emotional, spiritual and mental health.

Use this short report as a quick reference guide to some of the better-known and more popular energy healing practices, some of which are thousands of years old. Some employ massage, music or dietary advice, while others require a trained energy healer's touch to recharge and balance your energy field. All of them work to return your body to an optimal state of energy production and flow, which leads to overall wellness.

Proven Energy Healing Practices

Bioenergy Healing

Your life force energy (bioenergy) vibrates at a certain frequency and obeys the innate laws of physics. Bioenergy healing works on a belief system that is thousands of years old and uses the energy of the healer to balance and energize the patient's energy field. Since your bioenergy is responsible for your spiritual and mental, physical and emotional well-being and fulfillment, a bioenergy healer can help you reach an overall state of health and well-being.

Chakra Balancing, Chakra Work

Early Indian healers developed the belief that there are 7 energy centers located on a vertical axis in the human body. They are aligned with your spine and move from the top of your head to your tailbone. These energy wheels, or chakras, are connected. When one or more gets out of balance due to stress, illness, injury or for some other reason, your health goes downhill. Chakra work balances your energy system using massage, music, sound, crystals, affirmations and other healing practices.

Thought Field Therapy (TFT)

This type of psychotherapy employs finger tapping to rebalance your energy field. Roger Callahan developed a TFT technique which is widely regarded as one of the most successful thought field therapy systems, but he is only one of dozens of recognized TFT teachers and healers in the world.

EFT (Emotional Freedom Techniques)

TFT and EFT are similar in a lot of ways. There are, however, two major and distinct differences. They both work as psychotherapies to heal an imbalanced human energy system.

They both involve lightly and repetitively tapping on specific points on the body while focusing on an emotion, thought or physical problem. Like TFT, EFT works to overcome negative ideas and traumatic memories that are causing physical and metaphysical issues.

One of the main differences between the two fields of energy healing is that EFT promises to heal all negative emotions and memories, while TFT is personally customizable, and focuses on a specific trigger or emotion. Additionally, EFT uses affirmations spoken aloud, and TFT does not.

Acupuncture and Acupressure

Acupuncture involves placing small needles at specific points in the human body, and acupressure uses massage, but these ancient Far Eastern energy healing styles work to do the same thing. They balance your body's Meridian system, the pathways through which all your life force energy flows. This energy, called ki or qi (pronounced chee) must flow freely, or you experience physical and metaphysical health problems.

Reiki

Reiki is a practice by which the healer lightly touches the patient with his hands, or simply moves his hands just over the patient's skin. The transference of healing energy from the healer to the patient energizes and re-balances that person's energy system.

Healing Touch

Nurse Janet Mentgen developed the Healing Touch system. This is a newer energy healing practice, developed in the 1980s. Unlike many forms of energy healing, certification through a standardized curriculum is necessary before a person becomes a recognized HT healer. This practice recognizes the 7 chakra energy system belief, and [more than 50,000 students have taken HT classes](#) to become certified energy healers.

Traditional Chinese Medicine (TCM)

TCM incorporates nearly 3,000 years of Chinese medical practices. Exercise, massage, dietary advice, acupuncture and natural herbal medicines are used for energy balancing.

Polarity Therapy

Polarity therapy is one of the many energy healing practices which requires touch. The idea is to harmonize the polarity of the human body through the adoption of healthy lifestyle practices, exercise, nutrition, communication and touch. [The American Polarity Therapy Association](#) does a good job of explaining exactly what this energy healing practice involves, where you can get training, and how you can find a polarity therapy healer in your area.

Pranic Healing

Master Choa Kok Sui is credited with developing this energy healing modality. It works on the basis that energy, or prana, can be used to correct problems in a person's energy field which lead to physical and mental, emotional and spiritual health issues. The life force of the universe is channeled into the patient so his or her energy system comes back into balance

Conclusion

You probably have a favorite food, and a type of food that you despise eating. The food that you hate is probably loved by someone else. We are all different and have different likes and dislikes. Concerning the types of energy healing listed above, try a few on for size, and see what you think. Keep going until you locate the energy healing practice that really resonates with you, one that seems to energize you physically, emotionally and mentally.

Many energy healing techniques can be practiced at home, making self-treatment possible. Others, such as acupuncture or acupressure, require treatment by a trained energy healer. Thanks to the reach of the Internet, you may find natural healers and teachers that can show you how to practice these and other energy healing methods online.

If you feel like you have never reached your full potential, like there is so much more to you than your current existence allows, energy healing can help. People often find spiritual, emotional and physical abilities and realities through energy healing that they never knew existed inside themselves. Energy healing is inexpensive or free, in many cases it requires little or no training, and it can improve the lives of you and your loved ones dramatically. Get started today improving the flow of life force energy in your body and begin enjoying the fulfilled life you deserve.

Resources

<https://www.the-energy-healing-site.com/types-of-energy-healing.html>

<http://bioenergyworksco.com/>

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