

Energy Healing – Science and the Unseen

SCIENCE DEFINES ENERGY WORK

In the late nineties during my work in the cancer psychology (psycho oncology) field, our team delivered a research grant for breast cancer patients that included how to navigate the Complementary and Alternative Medicine (CAM) realm. One of the sources we consulted was the National Cancer Institute (NCI), which was finally coming around to formally investigating these CAM therapies. As part of this effort, they categorized the main forms and provided some opportunities for funding. You can see how they defined and grouped these areas at this link: http://cam.cancer.gov/health_categories.html#energytherapies

While it was heartening that the powers that be were finally catching on, few of us already using the therapies or accepting their premises needed western science and the government's approval. Prior to NCI's efforts to do this research, other research articles were providing stats that people were, in fact paying out of pocket for many alternative therapies, and spending lots of cash. I'm guessing this "follow the money" reality helped speed NCI's opening to this new frontier.

At any rate, their categories can be helpful, especially for people new to CAM. You've heard the term "woo-woo" to describe the more "out there" forms of healing, but over time they are becoming more mainstream. Things like prayer are included, and it just starts to make more sense that these "unseen" or less traditional areas (in the western sense) can play an important role in healing. Just as you would do due diligence to find a good doctor, it's important to be an informed and discriminating consumer and investigate your practitioner. This was part of the education we provided to our breast cancer study participants. What CAM therapies were, methods for researching them using peer-reviewed science sources among others, and how to research practitioners.

Just for kicks, here is the definition NCI gives to Energy Therapies – which include the type of energy healing I offer.

"Energy therapies involve the use of energy fields. There are two types:

* **Biofield Therapies** are intended to affect energy fields that purportedly surround and penetrate the human body. The existence of such fields has not yet been scientifically proven. Examples: Qi gong, Reiki, Therapeutic touch.

* Electromagnetic-based therapies involved the unconventional use of electromagnetic fields, such as pulsed fields, magnetic fields, or alternating current or direct current fields. Examples: Pulsed electromagnetic fields, Magnet therapy."

Don't you love it – "energy fields that *purportedly* surround the human body". Can you say Aura? And whoa, how weird, that magnet stuff, lol. "Biofield Therapies" – yes, that term seems to have gained wide appeal... Anywho, I take heart that Western medicine is making progress. This work to define CAM and provide a classification system was likely a huge effort on their part. I'm guessing many more traditional scientists were seriously squirming. Keep in mind, there could also be some good comedy material in here too.

Let me share another little tidbit that can help illustrate the difference in the frameworks between western and alternative medicine. This just blew my mind. In Chinese medicine, western science's age old method of research using control groups is considered unethical, as they would want everyone to get the best option. This doesn't address the question of what to do when you're investigating whether a new treatment works better. Still, I thought this really showed some of the completely different paradigms that make up different alternative theories. Some of the alternative therapies like Chinese medicine have thousands of years of practice behind them. Western medicine is a pretty new kid on the block in comparison, though of course, it offers things they don't.

Bottom line, each therapy and style of medicine can have its pros and cons for certain conditions and individuals. With the plethora of options available, there can be a bit more investigation needed to find out what will be most helpful. No method is the best, or the “be all end all” option, for everyone. It can get complicated at times, and it’s so tempting to make generalizations to keep it simple or to push a viewpoint.

What I believe is that each person is on their own soul journey, their own healing path, and is responsible to find the best ways that work for their unique needs in the myriad of health and personal challenges we will encounter in life.

EXPERIENCES THAT KEEP ME HUMBLE

I had a dear friend who wanted to use herbs and avoid chemo and surgery for her breast cancer. This was likely genetic, as her sister and mother had breast cancer. Sister went with western medicine, and is alive and well. My friend did not survive. Also, my brother was diagnosed with Stage IV cancer, the most advanced. He and his doctor aimed for a cure, which I felt was not realistic. I gave the MD some flack; she gave it right back. He is cancer free today, after following a difficult Western medicine regime.

On the other hand, I also have a dear friend who was diagnosed with leukemia and healed himself using alternative methods.

Each of us has our own journey, and certain people in my belief system have a soul mission to complete in life. It’s hard enough to figure out our own soul blueprint and the lessons we’re here to learn, never mind claiming to know how it works for everyone. Survival is not the only “success” of walking this earth. Our soul’s path may be the journey of not surviving cancer. For any health and personal challenge, you are the expert charged with finding the best path for you.

I don’t think NCI includes the mention of SOUL in their CAM system. Now that would be a sign we’re really making progress! For our purposes, and a beginning definition, how about this: soul is the spiritual essence of the person that “purportedly” transcends bodies and time. If we are spiritual beings having a human experience, as the saying goes, the soul would be the “mission control” center that houses the eternal truth and history of our being. For those spiritually-based ones, you can usually tell when you are “on purpose” or not, with your soul mission.

MY ENERGY HEALING WORK AND TRAINING

My clinical background includes training as a somatic (body) based psychotherapist and coach. I am a licensed psychotherapist in the state of Colorado since 1997. I trained for coaching in 2005 with the Institute for Life Coach Training. In 2000, I began my study of Energy Healing, also known as Psychic Healing, with teacher and third generation psychic Anamari McNamara. She said early on that I had a knack for the work, yet it took me another ten years to hear the call of spirit to do more of this work in my private practice.

Intuition has always been important in my work, and as a kid I picked up on the truth behind surface appearances. This was pretty tough at time, and many have experienced that training to doubt their intuition, or repress their accurate emotional senses. Part of the deeper work of becoming more authentic and truthful with self and others is to come home to these skills and reopen to the senses and information that can get buried.

For years I preferred deep tissue massage hands down over any kind of energy work or even more energy-based massage for that reason. Recently though I notice more immediate and noticeable results from energy healing work. Since 2000, I have been blessed to study energy-based massage work with Jim Goldman, an amazing Boulder

healer. He has taught me to apply my intuitive knowing and impressions to massage. I've learned that powerful body work isn't always that deep muscular work I sometimes crave, and how far and deep a grounded energetic healing approach can go.

HOW IT WORKS

Energy healing is concentrated intuition that hones in on the "biofield" or energetic layers of the body. The health of the energy body includes both physical health and psychological health indicators. When I work with you, I usually start with scanning your energy field, which can include their chakras (seven energy centers in the body), aura (the energy field around the body), and their connection with the earth (a column of energy also known as the grounding cord). Information comes to me via impressions, pictures and images. While there is no way to prove the accuracy of this information (let's hope NCI is working on that), I have had enough amazing experience that I have learned to trust what I get. For the beginning energy worker, trusting what you get is one of the first hurdles.

A key aspect pertaining to accuracy is whether the info I share is relevant. I share my sense of the meaning of the information I am getting, and see if that hits home to the person, or if it triggers anything for them. This sharing is a co-creative exchange and it helps the exploration and healing progress. It is like a seed, or a flower, that continues to unfold, kind of like watching slow motion photography developing. Both of us are a bit like detectives, and perhaps I'm the Sherlock, yet the client is the expert of what feels accurate and relevant.

The information and images that arise often indicate areas that are troubled, or that need healing or clearing. This is done in the invisible or energy realm. If there is something that is showing up in your heart chakra that doesn't sound good, with your permission, I will remove it. Sometimes layers will emerge, one after another, to remove. Rough past experiences can whack or negatively imprint our energy body – it's an energetic wound. Part of what energy healing does is to heal or soothe these "bruises" to the aura or energy body. I use what my teacher called "spirit fingers" to move the thing out of the person's energy field, and replace it with a type of salve in the form of a color or helpful element (e.g., crystal clear mountain stream water) to cement and continue the healing process.

When doing soul work, ideally you bring your whole self to the work. In my case, being a therapist and coach influences the work I do. My ideas and suggestions for healing steps include this base of knowledge. Yet the person receiving the healing is the real expert. I encourage them to check for what feels resonant in what I am offering, what makes sense, what feels true. The session work is healing in itself, in offering insight and a glimpse behind the scenes for any issue, and suggestions for next steps. My coach and therapist side will also offer resources and ideas for next steps, or ways to anchor the healing for the road ahead.

Our issues that need healing often recur through our lives. You've heard of the healing spiral perhaps, that idea that our evolution follows an upward path or spiral that revisits the same territory over and over, just at a higher level each time. Let's say standing up for your unique view or style has been an issue. That may come up again and again through your life, as you get tested to learn how to stand in your power. The past challenges here may have taught you certain beliefs, which will also need to be adjusted. So after energy healing work, you will stand in your power and be more peaceful perhaps, versus being more obnoxious and expecting everyone to give you a hard time about it, as they did in the past. This is that delicate and deep work of changing beliefs – while they may have helped you survive in the past, currently they often just make things more difficult for you to actualize your best self.

EXAMPLES OF THE WORK

A client I worked with this week for example had an issue of being misunderstood despite her best efforts and desire to fit in. This first appeared in middle school, was super traumatic in high school, came up again in her graduate training, and was rearing its head now with a professional development hurdle she was completing. As painful as it can be to reenounter these healing zones, this is exactly the spiritual work we are here to do. This client had the wonderful opportunity now to heal the present crisis along with the past pain. The work helped her understand why she felt so triggered beyond what made sense. It gave her the compassion to hold the past pain so it could be cleared, and to be patient with herself at this tender crossroads of creating new beliefs and behaviors.

Before the work though, she was in a fog, and a bit resistant to getting into anything – which is often what can happen. This is when you might feel like you are flailing, get really emotional or feel depressed for no obvious reason, and just not want to investigate. She kept saying, “I don’t know”. Intuitively you sense there is a healing crisis under the angst, but it can be intimidating to board that train, when we have no idea what is going on. The person knows they’re blocked or not happy though, and that something is kicking around under the surface.

These transformational times are making people more sensitive to energy work and healing. At first, it can be a subtle awareness to develop and tune into. Yet it’s deeply rewarding to hone these senses that are everyone’s birthright, and to have a source for healing and knowledge to add to your personal library and tool chest.

IN CLOSING

I hope this missive helps you understand energy healing work both in an overall sense, and more specifically in terms of what I offer. I invite you to send me any feedback or questions that can help me continue to articulate this work. I offer a ten minute sample of this work, which will tell you if it resonates for you.

For those who are interested, there are single and three session packages offered on the website – see this link: <http://soulsavvy.net/services/intuitive-energy-healing/>

It’s a magical time to be alive. Blessings on your path,

P.S. Do the soul work! You’ll be glad you did...

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