

ENERGY HEALING

Long Distance Reiki Energy Healing

By

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ENERGY HEALING

What Is Energy Healing?

The laying on of hands, also known as energy healing, energy therapy, bioenergy therapy, biofield therapy and energy work, promotes healing by enhancing the energy flow and correcting disturbances in the human aura that surrounds the body. This improvement of the flow of aura's energy supports the self-healing capacity of the body.

The laying on of hands is an old healing modality that is making its way back into our lives in a revival of ancient understandings. All around the world people are learning how to sense energy, move their energy and they are rediscovering energy healing therapies.

The application of energy fields for healing implies the generation of a magnetic field strong enough to produce changes in the body without harming it, and that field should be refined enough to treat a specific illness because treating the aura with a broad frequency spectrum is not enough.

Vibrational healing or the laying on of hands can restore people to a state of health and harmony in four planes:

- ❖ Physically
- ❖ Mentally
- ❖ Emotionally
- ❖ And spiritually

Top Reasons To Consider Healing Yourself With Energy Healing

There are many types of energy healing including Yoga, Tai Chi, Pranic, and Reiki are all considered different or unusual methods of healing. You may be asking yourself why so many people are being drawn to them.

Today medical science has so many modern medical treatments being offered today; it does make many wonders why people would consider energy healing when they are feeling unwell.

Listed below are some of the most common reasons:

1. Many People believe and have experienced modern medicine as cold and often very impersonal. Traditional Medical treatment usually focuses on the disease and its symptoms, while ignoring the person as a whole and their feelings. Energy Healing and Spirituality are intimately connected; allowing the patient to feel all aspects of their health is being healed.
2. Healing has been found to work where traditional medicine has failed. Many people have tried all available medical methods and treatments and not be able to heal conditions and ailments which have bothered them.; while energy healing allows them the opportunity to get well successfully. For many people, Energy healing has been seen as the last and perhaps the only option left available to them.
3. Energy heals physically, mentally, emotionally and spiritually and is an excellent method of relieving tension and stress. Quietening the mind with Meditation is often included in most energy healing method type of healing, and is beneficial for highly stressed people. Energy healing requires nothing more than connecting to your inner self with energy healing techniques which is convenient and easy for students and for those wishing to learn or heal themselves with healing.
4. The most important aspect of healing that it is a gentle, non-invasive and a natural form of healing, so it is seen as safer. Healing your energy field requires no surgical intervention, test or ongoing or expensive medication. Healing energy practices can be performed in your own time, and in the privacy and comfort of your home which is beneficial for most people as they often lead hectic lives.
5. As the battle between traditional medicine and alternative healing methods continues they both offer benefits in their approach to healing. Both forms of healing have a unique place in the world of healthcare, and both should be considered when considering the best health care options for yourself and loved ones.

Ultimately what matters is the restoration of maintenance of good health and a feeling of wellness and abundance of energy within. Naturally, the choice is yours when deciding on health care and healing, although healing should be considered as healing with energy is a beautiful preventative of health-related problems with outstanding favorable results.

Reiki

Reiki is a practice that was developed in 1922 by Japanese Buddhist Mikao Usui and involves the transfer of healing energy in the form of "Ki" through the palms. The word Reiki comprises two Japanese words - "Rei," meaning "God's Wisdom or the Higher Power" and "Ki," which is "life force energy." The practice of Reiki healing involves the practitioner placing their hands lightly on different parts of your body, allowing their hands to rest on each placement for several minutes before continuing to the next.

Most Reiki practitioners move their hands freely throughout the body to assess the areas where they feel Reiki is most needed. A Reiki treatment is aimed at healing the whole being, including the body, emotions, mind, and spirit while promoting relaxation and feelings of peace, security, and well-being. It is a simple, natural and safe method of mind-body healing and self-improvement that can also work in conjunction with other medical or therapeutic techniques to relieve pain and promote health and vitality.

What Are The Benefits Of Reiki Healing?

Reiki Healing has had a tremendous, tremendous and positive effect on millions of people over the last few years. Those who have been taking Reiki healing sessions or classes in person with the energy healer or distance healing have claimed that they have felt something different and that changes made place regarding their total well-being. Apparently, as in any treatment, there are different experiences and effects to each client as they have various concerns or needs to be healed.

Remote healing does not only work with one specific aspect of an individual but it also provides an improvement on the other areas as well it should be noted that energy healing does work at healing the root of the problem, not just the symptoms. Aside from having some relief from any stress and ailments, individuals also feel a lighter and relaxed state of being.

There is more to having a healthy body in long distance healing, and it gives them the opportunity to become aware with their inner self and eventually have a sense of fulfillment and satisfaction thus leading to a renewed, rejuvenated and inspired individual reaching a level of bliss and, enlightenment.

Other positive effects of remote healing include clarity, concentration, stress management, creativity, empowerment, awareness, pleasure, mood enhancement, and vitality. In other words, people become whole in the sense that there is an improvement in all areas of their well-being: physical, mental, emotional and spiritual.