



## HOW ENERGY HEALING WORKS

By Lourdes Lebron

Humans, animals, plants, wind, water, fire; everything in the universe is made of energy. The energy particles of these organisms/objects can move so quickly they appear concrete. Since humans are energy we have energy always swirling inside and around us. The energy surrounding our bodies is known as the aura. It is our energetic shield and helps protect our body from the physical world. It helps keep our body intact.

The aura works in conjunction with the chakras, meridians and energy grid to keep us healthy on all levels: physical, emotional, mental and spiritual. The best metaphor to illustrate their purposes is a transportation system. The chakras are the energy power plants. There are seven main energy plants which supply light to the entire country or for our purposes the body. Meridians are the highways, or lines, that run through the body bringing energy to the vital organs/ and glands. The energy grid is the city blocks or back roads which bring energy to all of the cities/towns, or minor body parts.

Energy Healing, such as Reiki and other healing modalities, work with the energetic bodies (mental, emotional, and spiritual) to help remove the stress and negativity that eventually makes its way to the physical body, which resides on this plane. When stress does attack the physical body, we become ill and liable to develop chronic conditions such as lower back pain if the energetic blocks causing the pain are not treated. By working with our energetic systems and clearing out stress (or any negativity) we become physically stronger.

A good exercise to strengthen the aura is by doing figure eights. By drawing figure eights with your hands, hips, arms, etc., you move the energy throughout your aura, working your way towards moving your body's energy.

For further exploration into this topic I highly recommend *The Energy Medicine Kit* by Donna Eden.