

## ***Healing Energy Gives Resilience to People***

Healing is the act or process on which a cure is affected. Energy is an internal or inherent power that gives the capacity for vigorous action. Another definition is that energy is magnetism which is found everywhere, moving throughout the universe in every direction; located in earth and in the air.

Magnetism is a field with a matrix of waves and strands. Energy healing is sometimes said to direct the magnetism from the earth (the North Pole gives a negative electronic charge of energy and the South Pole presents a positive charge of energy) through the healer's body to the patient to accelerate his or her healing.

In ancient Egypt, energy was considered the fundamental life force, which came from an innate law from the beginning of creation which makes all particles comprehend, vibrate, oscillate or shake at different speeds. This energy is subject to mind thought.

The healing energy has its source in the mind of the healer who is performing the act over a person who desires to improve. This energy comes into the healer's body in vibrations or waves. The intention from the healer to be a channel that this energy flows through helps the magnetic fields, which "come in" in vibrations or waves, to act on the patient's physical system.

### Cranial Sacral Healing

In one of my spirituality groups, two members gave me prime examples of energy healing. One member was a massage therapist who performed cranial sacral healing. One of her cases was described as such: "A male client came into my office. He looked and smelled like a homeless man and had been to doctors who could not help him. I always make the sign of the cross before I begin to work on anyone and I made the sign over him."

"He was very tentative to have me work on him because of the pain he was in. I just held my hands up and down his body in the beginning as he was sitting down. After fifteen minutes, he could lie down and when he left the table he was pain free and smiling. I was praying 'Hail Mary's' the whole time in my mind."

"I'm excited that God worked through me that day. I had 'cleared' myself by going to the beach that morning before my session with him. I feel especially attuned to the Virgin Mary. When I see something that looks like her, I feel it is a sign that she is near me. That morning when I looked down on the sand, I found a small green piece of sea glass that was shaped like Our Lady. I was ecstatic. It would have happened anyway that I could have helped this man but I don't think as powerfully as it did had I not taken that walk on the beach previous to seeing him."

### Reconnective Healing

Another member of my group mentioned reconnective healing, which was formalized by Dr. Eric Pearl. It is an energy healing process, which reconnects the body's energy fields to produce a state of wellness physically, spiritually and/or emotionally. This member stated, "I believe the source of energy is God and all things that come from God are good. Therefore, the only effect that this healing will have on a client is good."

She went on to say, "A reconnection healer studies the basis behind the role of energy in our bodies and in the healing process. I learned that the energy is from the Source (God, Universe, etc.) and it is a faster frequency than is ours here on earth. Before I begin a healing, I request that the frequency from above be slowed down and that mine be made faster so that I can connect the two energies. When I can feel the energy in my hands, I then place that energy at or on the energy field of a client and healing takes place."

Both members of my spirituality group who performed healings stated at different times that the healings that they do on the clients are not dependent on the belief of the client/s that these healings will "work." The reconnection healer stated that she has worked on more people who don't believe than who do believe. "Many times they barely believe in God."

#### Psychic or "Mind" Energy

To help make it clearer as to how this "energy" shows up materially I'd like to use an example from *The Secret Life of Plants* (Avon Publishers, 1974). In 1966, Cleve Backster, one of America's foremost lie-detector examiners, had been up all night and decided to attach a leaf of a plant in his office to his lie-detector machine. He was curious to see if the leaf would be affected by watering the plant. Nothing much happened to the lie detector machine either with water or when he put coffee into the plant container.

However, when he thought of burning the leaf, there was a dramatic change in the tracing pattern on the graph. He hadn't moved toward the plant or toward the recording machine. Could the plant have read his mind? He found another surge on the chart when he returned to the room with matches in his hand evidently caused by his determination to carry out the threat. The plant appeared to be able to differentiate between real and pretended intent.

Plants seemed to be attuned to animal life. If a plant is threatened with overwhelming danger or damage, he observed that it reacts self-defensively in a way similar to an opossum or to a human being by "passing out" or going into a deep faint.

Backster noted a special communion or bond of affinity appeared to be created between a plant and its keeper unaffected by distance. Using synchronized stopwatches, he was able to note that his plants continued to react to his thought and attention from the next room, down the hall, even from several buildings away.

I am reminded of a talk at one of our conferences where someone presented photographs of two different plants. One plant had been talked to and treated with more tender loving care than the second plant. This plant, of course, grew larger and was much healthier than the second plant. This is a simple example of energy healing. It's called love.

#### Christ Consciousness

I think of Jesus Christ when I think of healing energy. This is what I think he did in his healings reported in the Bible regarding his "laying on of hands." This could be called spiritual healing. This ability to heal was transferred to the disciples and was often repeated in the early Church. It is one of the prime reasons why the Christian church flourished in the first one-hundred years.

## Basic Energy Patterns

We know that people have energy patterns around them. We even say, "Doesn't she or he have great energy?" Of course, negative energy comes into our space as well as positive. Dr. Masaru Emoto in his book, *The Hidden Messages in Water* (2004), showed a water crystal that was not as well formed as the others. In fact, it looked deformed. This was because this particular batch of water had been ignored by the children who had told the first batch, "You're beautiful." People are like this. Very few people have ever told them they are beautiful.

Because of the nature of my profession. I try to stay away from people who do not add in a pleasant way to my day. I need to keep up my positive energy in order to transfer this energy and/or attitude to my clients. In this way I keep a spiritual attitude which manifests in my thoughts and helps me set positive personal goals in my life.

Your mind-thought energy can heal YOU!

This is one way you, too, can bring healing energy into your life whether you have a healing energy session with a practitioner or you bring positive healing energy into your life with intention setting and/or positive thoughts. Healing energy has its source in the mind thought of a person. The person having the positive thoughts that create positive energy could be YOU! This energy will then activate potential forces in you; thereby, giving you the capacity for positive action. - Karen E. Herrick, PhD

*CranioSacral Therapy: Touchstone for Natural Healing* (2001) by John E.

Upledger, DO, OMM, CA: North Atlantic Books

and

*The Reconnecton: Heal Others, Heal Yourself* (2001) by Dr. Eric Pearl, CA: Hay House Inc.