

# What is Energy Healing?

Energy Healing has been around in various ways for thousands of years. Complementary therapies work on the premise that our bodies have energy flowing through them and that we can manipulate that energy to improve health and wellbeing.

Rahanni, Reiki, Acupuncture, Reflexology, Somatic Breathwork, Sound healing, Crystal therapy, Touch therapy and Chakra Balancing are all examples of energy healing, along with Yoga and Tai Chi being closely associated.

It has its roots in ancient forms of medicine such as Traditional Chinese Medicine and Ayurveda. In TCM the life force is called 'qi' and in Ayurveda it is called 'prana' which is commonly used in yoga practices.

The idea is to support the body, to rebalance and re-align the energy leading to healing. It clears a pathway so the life force can flow through it.

Some research shows that Reiki has a positive effect eg one study showed that a 20 mins session with health care workers reduced stress and anxiety while improving sleep more than the placebo.

However, a lot of evidence is anecdotal and it is up to you to try it and see the effects for yourself.

Energy healing works well alongside more mainstream therapies for mental health support. It can reach deep seated trauma without the need to communicate and is helpful in conjunction with talking therapies. Sometimes it might just be able to remove the blockage that allows a mindset shift or release a pattern of negative thought / beliefs that have been working against the healing. This may allow therapy to progress.

**Energy Healing is a spiritual massage.**

**So let the knots in those chakras be released and  
loving compassion be restored!**

