



eenergy healing

Discovering an invisible path
toward health and wellness

By Leigh Donovan

The notion of healing with energy may seem strange, even a bit taboo, to many of us in the West. As an American girl born and raised in the South, I had to overcome a deeply ingrained belief system that told me that such treatments were ineffective, maybe even harmful. Though the notion of energy healers curing my many ailments was compelling, I was unsure of where it fit within my belief system. As a Christian, I was taught to look, if anywhere, to God for healing, not to a healer to balance my chakras.

The lack of available knowledge and the stigma placed on the concept of energy healing made me hesitant. However, I was suffering. For many years I found myself fixing one part of my body, only to find another in need of attention. I had a variety of chronic health problems, ranging from acid reflux disease to chronic myofascial pain and dysfunction, with a number of things in between.

I am not sure what it was that ultimately made me reach beyond my belief system. Maybe the pain and discomfort simply became too much. Maybe it was coming face to face with the fact that my pain was keeping me from living up to my full potential. Or, maybe it was the fact that I was simply unwilling to let go of my hope for full recovery. Whatever it was, I began a vigilant search for healing—a healing that would help me believe again that my body was not a machine with mechanical parts to be replaced and repaired, but rather a perfect system; a system that needed to be brought back into balance.

My steps into the world of alternative medicine led me to many approaches. I tried many things, from acupuncture to herbalists, finding them all to be effective. I was most drawn, however, to energy healing, which happens to be the most controversial modality in the field of complementary and alternative medicine.



The big energy debate

The National Center for Complementary and Alternative Medicine (NCCAM), a US government body that funds research into such therapies, states that modalities that use energy for the purpose of healing are the most controversial within the field. This is because the

external energy fields and their therapeutic effects are not easily or convincingly demonstrated by biophysical means.

Within our western scientific heritage, if something cannot be seen, proven or measured with an experiment, it is generally not accepted. Therefore, it is easy to see why a technique that uses an invisible force, and promotes

causes and effects that are difficult to measure, has not readily found a place within our science-driven culture.

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NCCAM breaks down the domain of energy medicine into two categories: veritable energies, which can be measured, and putative energies, which have yet to be measured.

Interestingly, although orthodox medicine does not accept the use of putative energy (the invisible kind) to enhance the healing process of their patients, it has developed many well-established uses for the application of veritable energy fields to diagnose, prevent or treat diseases. These, we are very familiar with: the Electrocardiogram (ECG) to measure the electrical currents from the heart, the Electroencephalogram (EEG) to evaluate the brain's electrical currents and Magnetic Resonance Imaging (MRI) to view the body's internal organs and systems.

For the scientifically minded it remains imperative to separate and divide concepts based on what scientists are able to see and prove. However, the big question remains: Is a force,

which is unable to be detected or measured but has very real effects, any less legitimate? Or must it remain quackery until shown guilty of existence?

In spite of its esoteric nature, it seems that most people who are open and willing to experience energy can. The way that energy is perceived varies from individual to individual. Carol Pawlack, 59, a practitioner of Dahn Yoga for two years said, "During energy meditation, it feels so real, as if I could scoop it up and hold it." For 10-year-old Taylor Russell, who started practice less than a month ago, energy is already a very real concept. "Energy meditation makes me feel relaxed, peaceful. Sometimes I feel tight, like I'm holding everything inside. Then . . . there's nothing!" she said.

On the heels of quantum physics

The notion of energy is beginning to change, as research by scientists in the field of quantum physics has begun to demonstrate that these so-called putative energies, while undetectable by scientific instrumentation, contain undeniable power nonetheless.

Valerie Hunt, Ph.D., founder of the BioEnergy Fields Foundation, conducts what she calls bioscalar healing. Hunt conducts research on a powerful energy with zero frequency, which is said to be static and stationary, making it undetectable by our current frequency instruments. This energy is called scalar energy and referred to as cosmic waves. In her paper, "Bioscalar Energy: The Healing Power," Hunt said that we know how to access and create this energy, however, only its effects tell us that it has power and exists in space.

Scalar energy is created when two common electromagnetic waves come together from two different converging vectors or angles. When the energy vectors meet, the equal frequencies cancel each other, leaving a standing or stationary energy. Hunt believes that scalar energy is the sustained energy for healing that all successful healers create and direct.

Hunt, along with students, has facilitated the healing of a variety of different conditions with this scalar energy, including pulverized bone frac-

tures, hyperactive diseases like scleroderma and degenerative liver conditions caused by hepatitis C, to name a few. Her research offers undeniable evidence of the healing power of energy.

An unseen world

Energy, though it cannot be seen, flows through our bodies. The human body consists of many layers, and the physical body is essentially the densest of these layers. Just as we have a physical anatomy, we also have an energy anatomy. As blood flows through our body via blood vessels and information flows via the nervous system, energy flows through our body via meridians.

By concentrating and keeping the focus on the "here and now," we can awaken our senses to the flow of this energy. Each person possesses different degrees of this awareness, but anyone can easily cultivate this sense through concentration and practice. Healers use their focused awareness to find energy blockages in the body. This involves the intention of the healer and a form of laying-on of hands. The goal is to subtly manipulate the energy flow so that any blockages causing illness or discomfort are corrected or removed. Energy healing enhances the energy flow to reestablish balance within the energy anatomy of a person.

Blockages to energy flow develop when the emotions and thoughts related to stressful experiences are not fully expressed and released. Energy flow becomes weak and anti-coherent. Imbalances in energy flow compromise our physiological systems, such as the endocrine and immune systems and tissues and organs. Eventually, these lead to physical problems, discomfort and disease. Energy healing can heal the blockages before they become physical manifestations that can be seen, measured and treated with orthodox medicine.

Energy healing taps into the body's innate intelligence. By supporting the body's natural healing process in every viable way and infusing the body with as much energy as possible,

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the body will do what it does best—restore itself. The body wants to vibrate at a healthy resonance and will readily move from an out of balance state towards a healthy state when healing energy is available. When the free flow of this life force is reestablished, energy field patterns become more ideal and healing of the physical body follows.

During a healing, Dahn instructor and healer Jung Lee of Sandy Springs Center, Atlanta, opens the meridian system, helps to circulate energy, releases stagnant energy and recharges the energy body with an abundance of vital energy (cosmic energy, life force, prana). According to Jung Lee, “The body can repair and regenerate in truly miraculous ways when the blocks within our energy system are removed and our energy is brought into balance.”

Energy healing is also commonly referred to as spiritual healing because it cannot be seen and touches the deeper levels of a human being. “Our body, mind and spirit are not separate. The spirit is naturally a part of the process,” said Jung Lee. She considers energy healing to be a “return to our original state.” She explains that many people do not live naturally because of habits, fixations, desires and the unwillingness to do what they need to do for themselves. Energy healing has the power to change our thoughts, habits and actions by working through all of these layers and returning the individual to their natural, comfortable and peaceful state.

Fusing two worlds

With ancient traditions rubbing up against ultra modern medicine, new opportunities for healing are coming at us from every direction. Despite a clear divide between the modern medical establishment and alternative and therapies, age-old modalities such as energy healing are fast becoming a popular choice among the yoga generation—people who understand energy and work with it in their practices.

As we enter an era of unprecedented knowledge and resources, there is a great opportunity for a powerful integration of modern medicine and energy healing. People today have moved toward a more proactive and holistic view of well-being. They want to plan for their health rather than wait for something bad to happen to them.

We may be closer than ever to uniting these two fields. On the treatment side, using energy healing as a complementary therapy can be extremely effective, especially in cases of serious illness. Supporting the body’s healing process by maintaining an abundance of healing energy while going through the strain that advanced procedures and techniques put on the body provides a greater opportunity for a complete recovery. Whether energy healing is used as a primary method or a complementary approach to healing, it can make a significant and positive difference in a patient’s outcome.

Since beginning my path to healing, I have learned that healing is a process, not an event. We are constantly creating health. The notion of energy healing being a scary, foreign thing has now been replaced by my belief that it is the most natural and pure form of healing available. Energy healing is not a magic cure, but nonetheless, learning about energy, how to accumulate it and its interrelationship with the body and mind has been life changing.

Hippocrates once said, “Disease is not an entity, but a fluctuating condition of the patient’s body, a battle between the substance of disease and the natural self-healing tendency of the body.” In the face of modern medicine’s incurable diagnoses and symptom suppression, energy healing offers true hope for healing. Because of my own profound experience with energy healing, I know that it is a highly effective way to help the body win the battle against disease. Energy healing supports the body’s natural healing process and assists it with its most natural function—restoration.

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