The background of the entire image is a deep blue, starry night sky. In the center, there is a dark silhouette of a person standing with their arms outstretched horizontally. The person's body is filled with a faint, glowing pattern of stars, suggesting a connection to the cosmic background. The overall mood is serene and spiritual.

ENERGY HEALING

FOR THE

MIND AND BODY

Improve Your Physical and
Emotional Health with Natural
Energy Therapies

Energy Healing For the Mind and Body

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Disclaimer

We hope you enjoy reading this publication, however, we do suggest you read our disclaimer.

All the material written in this document is provided for informational purposes only and is general in nature.

Every person is a unique individual and what has worked for some, or even many, may not work for you. Any information perceived as advice must be considered in light of your own particular set of circumstances.

The author or person sharing this information does not assume any responsibility for the accuracy or outcome of your use of the content.

Every attempt has been made to provide well-researched and up-to-date content at the time of writing. Now all the legalities have been taken care of, please enjoy the content.

Introduction

There is no doubt that modern western medicine is a double-edged sword. In the last century, we have witnessed incredible medical breakthroughs.

Some of these would be proclaimed miraculous by previous generations. 'Incurable' diseases have been cured, or their symptoms made manageable. Lifespans have increased.

However, it is also true that time has proven that some accepted medical 'fact' has proven to be questionable, or even simply incorrect.

In fact, some of the biggest breakthroughs have been discoveries along these lines, such as identifying specific procedures or pharmaceuticals that have been the cause of damaging conditions.

Along the way, traditional therapies, some of them centuries old, were pushed aside or disparaged in the pursuit of modern treatments, usually focused on surgery and/or pharmacy.

The pendulum has swung back to a degree, and a great many medical doctors now recommend the use of so-called 'alternative therapies' as being effective complementary treatments for many conditions and illnesses.

This eBook provides an understanding of some of the therapeutic disciplines that are based on energy healing. They have stood the test of time, are relatively non-invasive, and have proven in practice to improve health and quality of life.

Benefits of Healing Touch Therapy



Our body is surrounded by an energy field that is in constant interaction with our environment. From time to time, this energy is depleted and we need to restore the balance to make us healthy and feel good again.

When the body's energy system is in disarray, we feel tired and our immune system is down.

This is where Healing Touch Therapy comes in. It is a natural healing therapy that helps restore the balance of energy and makes it flow properly throughout the body.

The practice involves a soft touch that enables the practitioner to influence our body's energy system. It is a non-invasive, heart-centered procedure that aims to affect physical, mental, emotional, and spiritual well-being.

Healing Touch Therapy also provides a 'caring relationship' between the patient and practitioner, through the power of touch.

Here are some of the benefits you can expect from healing touch therapy.

Reduces Stress

Around 90% of diseases are related to chronic stress, and stress makes our bodies age faster. Healing touch therapy has proven to be effective in managing stress. It reduces anxiety, promotes good quality sleep, improves concentration, reduces fatigue, and provides more energy.

Because it promotes a caring relationship, healing touch therapy makes the patient feel a loving presence. This is beneficial in that it can help reduce the patient's feeling of being socially isolated.

Consequently, it reduces stress and increases a person's general well-being.

Promotes Relaxation Response

Healing touch promotes the body's relaxation response, countering the fight or flight reaction when stressed. The therapy helps reduce the production of stress hormones.

The brain releases endorphins that relax the muscles, and when the muscles are relaxed, the blood flows properly throughout the body. In turn, blood pressure levels and heart rate return to healthier levels.

Supports Healing

As healing touch therapy enables the energy to flow unhampered throughout the body, it promotes better absorption of nutrients. You have better digestion and regulated hormone production. In addition, toxins are released from the body, and your immune system is strengthened. These all support healing and wellbeing.

The body has inbuilt repairing mechanisms, which means that the body knows how to heal itself. Healing touch triggers the body's release of neurochemicals to allow the healing process.

Relieves Pain

Reducing pain is one of the top benefits of healing touch therapy. When your body is congested, you feel pain, so the practitioner works on removing those energy congestions, effectively reducing pain levels.

People who have undergone major surgery can benefit greatly from healing touch as it improves mobility and enhances recovery. Healing touch is also used for people who are suffering from chronic illnesses, as well as cancer patients.

For instance, the therapy provides support during radiation treatment and chemotherapy.

Promotes Emotional, Mental, and Spiritual Well-Being

Healing touch is commonly practiced in the fields of psychology and psychiatry. It helps address anxiety, depression, and other emotional concerns. It also aids the patient in having a stronger connection to the spiritual self.

With this therapy, you experience a deep sense of calm and inner peace, which enables you to let go of worries you may be harboring.

At the same time, getting in touch with your own 'quiet center' opens you up to new insights and ideas. Being able to tap into your 'inner computer' is important because your body, emotions, mental alertness, and spirit are interconnected.

When you don't feel physically well, it affects your emotional state, stressing you or triggering anxiety. When you feel stressed, your body's defense system weakens and you become more prone to sicknesses.

An Important Point To Remember

Healing touch has been widely used in the medical community and its effectiveness is supported by many types of practices. However, it may not be all you need in healing, so you may need to determine if you can use it as a sole alternative treatment for your health problems.

Instead, you may find healing touch more beneficial when used in conjunction with other treatments.

Healing touch is for everybody, from newborns to the elderly. While other therapies may focus on physical healing alone or mental healing alone, healing touch is designed for both mind and body.

Find how you can incorporate healing touch in your natural healing routine and see how it can work for you.

Acupressure Explained



Acupuncture and acupressure may sound similar, but they are different. Acupuncture involves the use of needles, inserted by an acupuncturist, whereas, acupressure does not involve using any needles.

However, they are similar in that they use the same points on the body. When these points are stimulated it releases the flow of energy.

This energy is called Qi in Chinese tradition. There is a network of meridians where energy needs to flow harmoniously to keep you healthy by allowing the body to perform its functions.

Acupressure

Acupressure is a natural therapy that uses the practitioner's hands, palms, and fingers to apply pressure using varying rhythms and techniques to the acupoints.

This massage removes the blockages and congestion of chi along the body's meridians, which can cause different health problems.

Acupressure massage makes the energy flow smoothly by targeting the local points or the actual parts where the patient experiences discomfort or pain, and the trigger points, which are connected to the actual points where the pain is felt.

Acupressure is a holistic approach to managing various symptoms of illnesses. These include stress management, cancer-related nausea, headache, motion sickness, morning sickness in pregnant women, menstrual cramps, and muscle tension and pain, among others.

Various studies have shown the potential of acupressure in bringing an array of health benefits. Here are some of the many benefits that acupressure can provide:

Acupressure Helps Ease Pain

Pain is one of the most common symptoms in almost every illness there is. Pain is the body's feedback mechanism to alert you that there is a problem. Acupressure therapy helps in easing both minor and chronic pain.

From headache to dysmenorrhea to back pain to arthritis, acupressure has been found to be an effective natural treatment.

When the therapy is done, the pressure that is applied to the affected area or trigger point sends signals to the brain, and the body responds by releasing the blockages of energy. It also promotes proper blood circulation in the body, which is further effective in relieving pain.

Acupressure Makes You Calm

Acupressure helps your mind relax and your body to reduce the “fight or flight” response. When your mind is relaxed, your body releases hormones that make you feel calm.

Acupressure Tones Muscles On Your Face

Acupressure has also been practiced in the cosmetics industry. It releases tension in the facial muscles and tones them to help keep the wrinkles and fine lines away.

The pressure applied to the key Qi points on the face helps in promoting proper blood circulation and producing collagen, which makes your skin more supple and elastic.

Acupressure Helps Ease Cancer-Related Fatigue and Nausea

Cancer is a painful experience to deal with, physically, mentally, and emotionally. As cancer patients go through a range of emotional and physical pain while undergoing treatments, complementary alternative therapies have proven beneficial to them. Acupressure helps ease cancer-related fatigue and nausea.

Acupressure Can Improve Your Sex Life

If you are experiencing a flagging libido, your Qi is probably not flowing smoothly in your body. In acupressure, it is believed that your libido is affected by the flow of energy, so when there’s a blockage, it can affect your sex life.

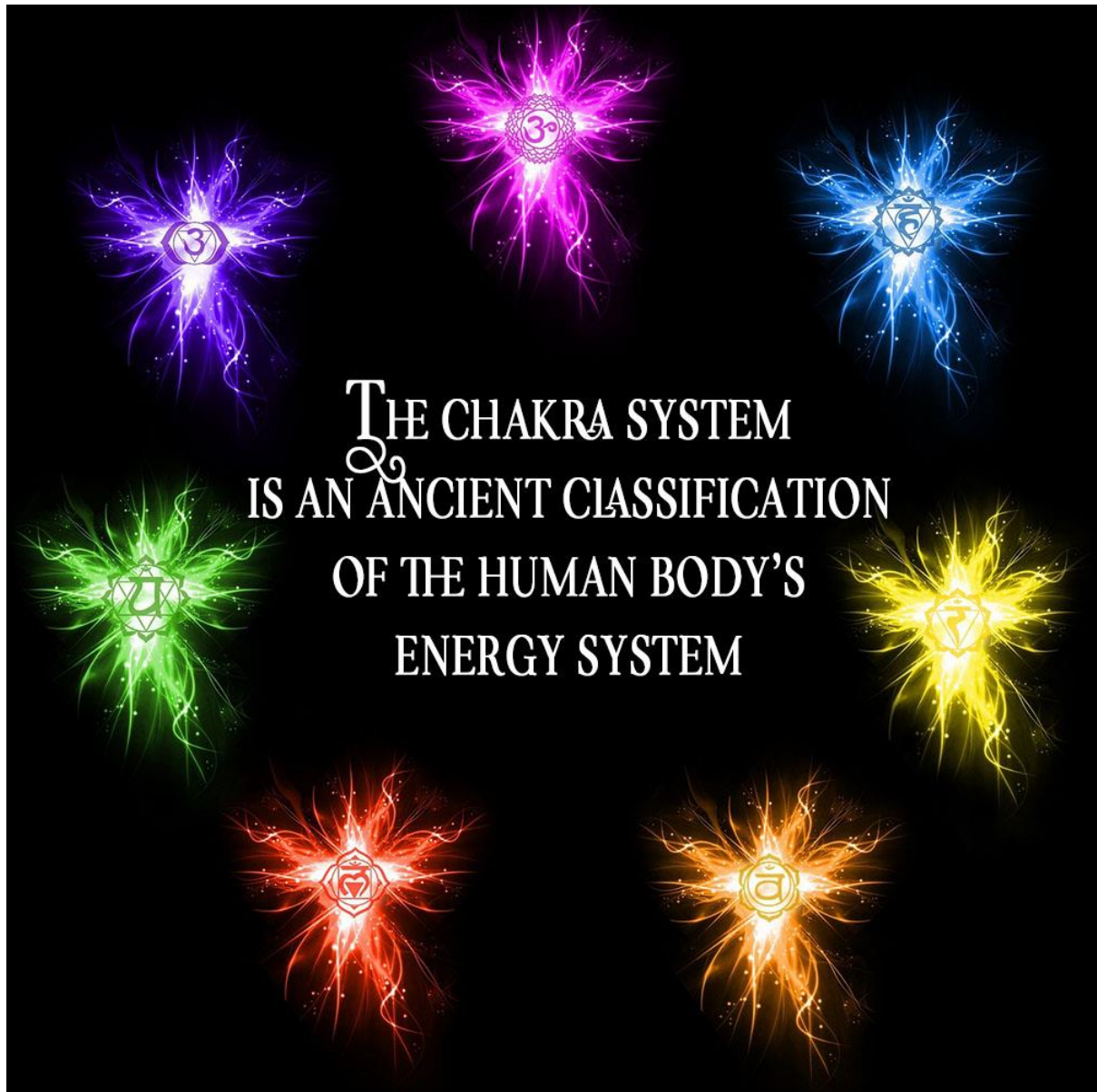
Acupressure helps remove the congestion, enabling the energy to keep your heart and kidneys healthy. Consequently, when your systems are working the way they should, you will experience an improved sex life.

Acupressure has been proven an effective way to treat various symptoms and illnesses, from minor headaches to stress to cancer-related fatigue. It is an alternative therapy that promotes natural healing, and it is a great complement to various conventional medical treatments.

Do not rely on acupressure as a sole replacement treatment for your conditions. There are also limitations when it comes to using acupressure as a natural treatment, such as when you are pregnant or have open wounds, bruises, and swollen muscles.

Always err on the safe side, and when in doubt, consult your health care provider.

What Are the 7 Chakras?



The chakra system is a very ancient observation of the human body's energy system that began in India and was originally first mentioned in the Vedas, the ancient religious texts in India from 1500 to 1000 BC.

Chakra refers to the main energy points in the body. In Sanskrit, chakra means wheel or disk. They are believed to be spinning disks of energy found in different centers of the body.

Some believe that there are more than 100 chakras (114 to be exact), but there are 7 major chakras that are generally discussed. Each of these 7 chakras has a specific name, represents a certain color and meaning, and governs specific areas of the body.

These 7 chakras run along our spine; from its base up to the crown of the head. Let's look at each of the chakras more closely and learn what each is all about.

The Root Chakra

The root chakra is also known as Muladhara. It is located at the base of the spine. The root chakra is associated with the color red, and it is said to be responsible for providing a person with a grounding or foundation in life.

It supports you with feeling a sense of stability, security, and of feeling grounded both physically and emotionally when it is open and in perfect alignment.

Adversely, a blocked root chakra can manifest as certain physical issues that compromise your grounding such as arthritis, and emotional issues relating to security such as feelings of insecurity emotionally or financially, and a lack of stability in overall wellbeing.

The Sacral Chakra

The sacral chakra is also known as Svadhisthana. This chakra is related to the color orange and is located right below the navel. It governs a person's sexuality and creative energy.

On an emotional level, the sacral chakra is also linked to feelings of self-worth, identity around pleasure, sexuality, how we relate with our own emotions and other people's feelings, and our overall sense of creativity.

When open and in alignment, the sacral chakra regulates our sense of pleasure and creativity. It helps us enjoy these things to enrich our wellbeing and bring out feelings of abundance, without overdoing pleasure.

If unbalanced, symptoms like addiction, obesity, and gluttony can manifest. Physically, it can also cause problems like urinary tract infections and impotency.

The Solar Plexus Chakra

The solar plexus chakra is also known as Manipura. It is located in the stomach area and is associated with the color yellow. Manipura also means “lustrous gem.” The solar plexus chakra is the origin of a person’s sense of identity, self-confidence, and self-esteem.

When this chakra is balanced, feeling in control of your life and decisiveness is evident. If blocked, this may leave you with feelings of self-doubt and feelings of shame.

The Heart Chakra

The heart chakra is also known as Anahata. Its location is very near the heart, right in the center of the chest. Green is its associated color, and this chakra guides our ability to love and feel compassion.

It is also responsible for feelings of inner peace and joy. A person with an open heart chakra is easily capable of experiencing empathy, and a blocked heart chakra can make it difficult for someone to open up to others.

The Throat Chakra

The throat chakra is also known as Vishuddha. This chakra is located in the throat and its related color is light blue or turquoise. The throat chakra is linked with our ability to express ourselves and communicate our personal power.

It gives the heart chakra a voice and allows us to express our truth verbally and clearly. When this chakra is open and balanced, communicating with kindness, love, and compassion is easy for you.

You will have tact and whatever you say often influences and inspires others. When this is blocked, expressing yourself verbally may be a challenge for you. You either may not know what to say or tend to interrupt others when they're talking.

The Third Eye Chakra

The third eye chakra is also known as Ajna. This is located in between the eyes or the eyebrows and is associated with the color indigo. The third eye chakra is mainly responsible for our sense of intuition and is also closely linked to a person's imagination.

It opens up our mind to wisdom and information beyond the five senses and at the same time, it also rules the power to imagine and to bring up new realities into our lives. When balanced and open, this chakra helps us to receive and register psychic information as much as sensory information, but it will not be overwhelming.

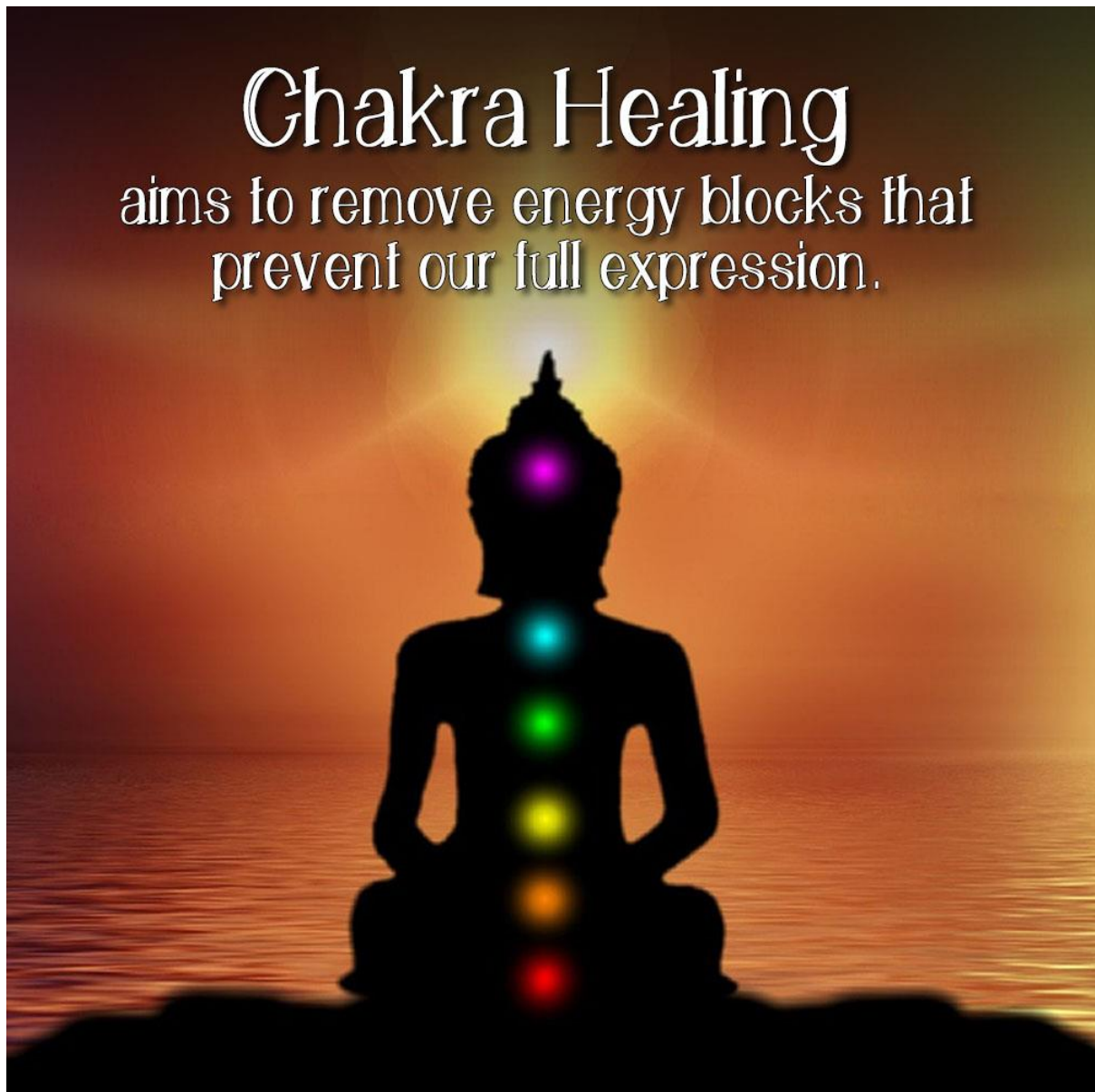
The Crown Chakra

The 7th chakra is the highest level chakra, also known as the Sahasrara or the crown chakra. This chakra is associated with violet or white, and it is located above the head. The crown chakra rules our connection with our higher self.

It is the realm of the soul and connects us to our life's purpose. An open crown chakra gives a person access to higher wisdom or consciousness as the crown chakra is also known as the chakra of enlightenment.

A blocked crown chakra may manifest in being stubborn, skeptical, or being narrow-minded.

Benefits of Chakra Healing



In one way or another, you may have come across the word chakra. Chakras are said to align themselves, albeit invisibly, in our spine and represent important aspects of health and our being in balance.

Chakra originated in India, detailed in ancient sacred texts, and describes a complex energy system. They are an important and central component of yoga and Hindu teachings.

In India, chakras are believed to be swirling disks or wheels of energy that represent and influence major organs in the body. This influence encompasses not only the physical body but also emotional, spiritual, and psychological aspects of being.

Chakras are meeting points between the body and the mind.

Those who follow the principles believe that the way to achieve perfect wellness in mind and body can be coursed through our chakras. Similarly, dysfunction, illness, and a variety of daily challenges that we experience can be due to compromised activity in one or more chakras, a blocked chakra in particular.

There are several reasons and causes as to why our chakras may be blocked and cause an obstruction of the vital life force flowing through our being, but regardless, they can also be unblocked or healed.

Because chakras directly affect our overall wellbeing including our physical health, mental and emotional health, and spiritual lives, it can be very beneficial to attain chakra balancing and healing.

Chakra therapy is conducted by spiritual healers and people trained in chakra therapy.

Here are some of its main benefits:

Chakra Healing Helps You Know Your Authentic Self

Being our authentic self is essential to our successes and ultimately, our fulfillment in life. But we don't always experience this world realizing our true selves, due to several reasons like environment, upbringing, or education. But somewhere along the way, we will find opportunities to develop and express ourselves authentically.

Our throat chakra is a vital part of that manifestation as it is the gateway to authentic self-expression. When blocks in the Vishuddha are healed, we can begin to express ourselves more clearly, honestly, and with greater wisdom.

Chakra Healing Can Help You Realize Your Hidden Potential

A person can be filled with much potential that they may simply not be aware of. Unknowingly, this can be brought about by a blockage in the solar plexus chakra or the Manipura, which governs our sense of identity and self-confidence.

When this chakra can be balanced and healed, it can help a person gain an increased sense of control over their own lives and be guided to know what to do with more decisiveness. It can boost a person's self-esteem and confidence which are necessary to realize their greatest potential in life.

Chakra Healing Can Address Emotional Blocks

Many people have problems relating to emotional expression or an inability to release their emotions in a healthy way. Chakra healing can remove unwanted blocks that prevent us from authentically expressing our emotions, or help us release negative emotions and negative energy in the body.

Chakra healing can remove negative energy to make way for positive energy. It can also help bring back a sense of wholeness, not only to the physical body but also to a person's emotional and mental states. But first, this is begun by releasing all negativity from within, paving the way for positivity and wholeness.

Chakra Healing Can Give You Access to Financial Wisdom

According to chakra healers, money blocks are in essence beliefs that prevent the free-flowing energy of abundance. The root chakra governs all aspects of security and stability, and if blocked, this may likely cause feelings of insecurity which may be tied to financial aspects.

A block in the sacral chakra, the realm of sexuality and creativity, may also very likely affect our financial mindset. These two are essentially in flux in our financial wellbeing and through chakra healing, we can help clear money blocks which often manifest as financial woes.

Chakra Healing Can Unlock Your Intuition

The third eye chakra or Ajna is linked to our sense of intuition and our ability to imagine and see the bigger picture. Chakra healing can open it up and empower our intuition, which is very important to our self-awareness and self-actualization.

By releasing blocks from our intuitive strength, there are vast amounts of benefits that it can bring into our personal lives. Strong intuition can help us connect with our inner and authentic selves, help us make good decisions, and carry out our lives with wisdom.

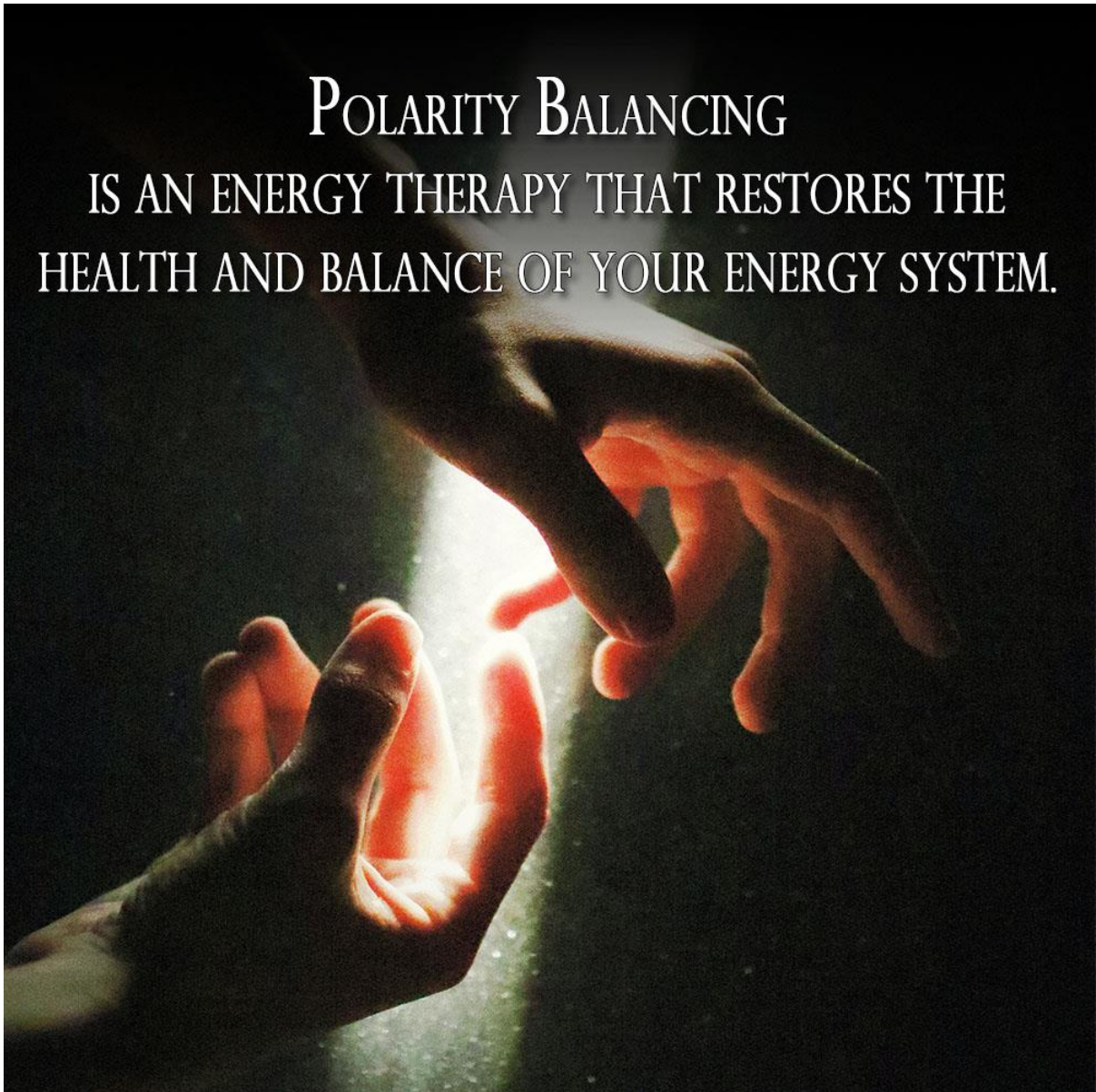
Chakra Healing Can Help You Turn Dreams into Reality

Most often, blocks in our chakra disable us from truly expressing ourselves and achieving our greatest potential. When these blocks are released and vital life force freely flows to energize every aspect of our lives with wellness, abundance, and balance, we can more easily overcome daily challenges and turn them into opportunities for ourselves and the people we're surrounded by.

Possibly the greatest benefit of chakra healing is bringing a sense of wholeness into the mind and body, which enables us to turn dreams into reality.

Polarity Therapy - Balancing Your Life Energy

POLARITY BALANCING
IS AN ENERGY THERAPY THAT RESTORES THE
HEALTH AND BALANCE OF YOUR ENERGY SYSTEM.



Polarity therapy, or polarity balancing, is an energy therapy developed by Dr. Randolph Stone in 1947. He spent many years of study on Ayurvedic medicine.

He found that a major cause of all pain and illness is due to the imbalance of our life energy or chi. When this energy is restricted or blocked, it cannot flow freely throughout the entire body.

This is why disease or pain manifests. If there is an uninterrupted flow of life energy, good health is maintained.

Why It Is Called Polarity Therapy or Polarity Balancing

It is named polarity therapy because it relates to a law of nature, which is the attracting and uniting of opposites, by balancing at a middle point. Applying this reasoning to a person's body, we have an internal energy system that has positive, negative, and neutral poles where our life energy flows between.

These 'poles' in a human body's electromagnetic field are known to control the body's flow of energy. In a healthy person, no polarity should be excessive or be depleted but should be balanced.

Therefore, polarity balancing is required in order for our mind and body to be able to heal itself, as healing is enhanced by manipulating your body's energy field.

Benefits of Polarity Therapy

The therapy is designed to stimulate and balance the flow of energy or chi through the entire body, to achieve healing of disease or illness. A board-certified polarity therapist will help you find the energy blockage manifested by your symptoms, such as pain.

They will help you restore the health and balance of your energy system using four techniques. They are through bodywork treatment in combination with yoga exercises, counseling, and nutrition.

These techniques will provide a positive approach to boosting your health and well-being.

Bodywork Session Provides Relaxation and Releases Physical Tension

The process is not a massage, although the therapist uses touch or physical manipulation. It helps ease your physical tension and stimulates energy flow.

It can help stop chronic congestion in your body tissues and energize them. The therapist will place both hands at opposing ends of the body.

Yoga Poses Can Help When A Person Cannot Relax

By performing certain yoga postures for a few minutes apart, such as stretching or squatting, the energy will begin to properly flow and provide balance again. Other benefits of yoga exercises are:

- They can ease anxiety and promote calmness.
- Eases back problems.
- Releases and stretches your pelvis and spine.
- Relieves headache, stomach ache, stress, and insomnia.
- Helps improve constipation and digestive problems.
- Tones your buttocks and leg muscles for better balance.
- Release emotional and mental tensions.
- Invigorates the oxygen in your body to create vitality.

Incorporating the use of breath and “ha” sound or high-pitched humming while doing the exercises will produce sound vibration that can help clear energy blocks in the system.

Purifying Polarity Diet Cleanses and Eliminates Harmful Substances

There are certain foods recommended in this diet, such as fruits, steamed or boiled vegetables, salads, and soups. You will be advised to take a morning cleansing drink or herbal tea.

The therapist will advise you on your diet modifications and provide a positive eating approach. It will help you to properly digest your food and give your body the nutrients it needs.

Relieve Pain and Sickness

Combining the above techniques may help to prevent many types of illness and dis-ease, such as allergies, arthritis, cancer, fibromyalgia, and irritable bowel. They may also help treat symptoms due to anxiety and depression, migraine, chronic fatigue syndrome, insomnia, and sciatica, just to name a few.

Energy therapies can be a complementary treatment to manage many types of pain and sickness symptoms. It helps the patient feel better emotionally and physically.

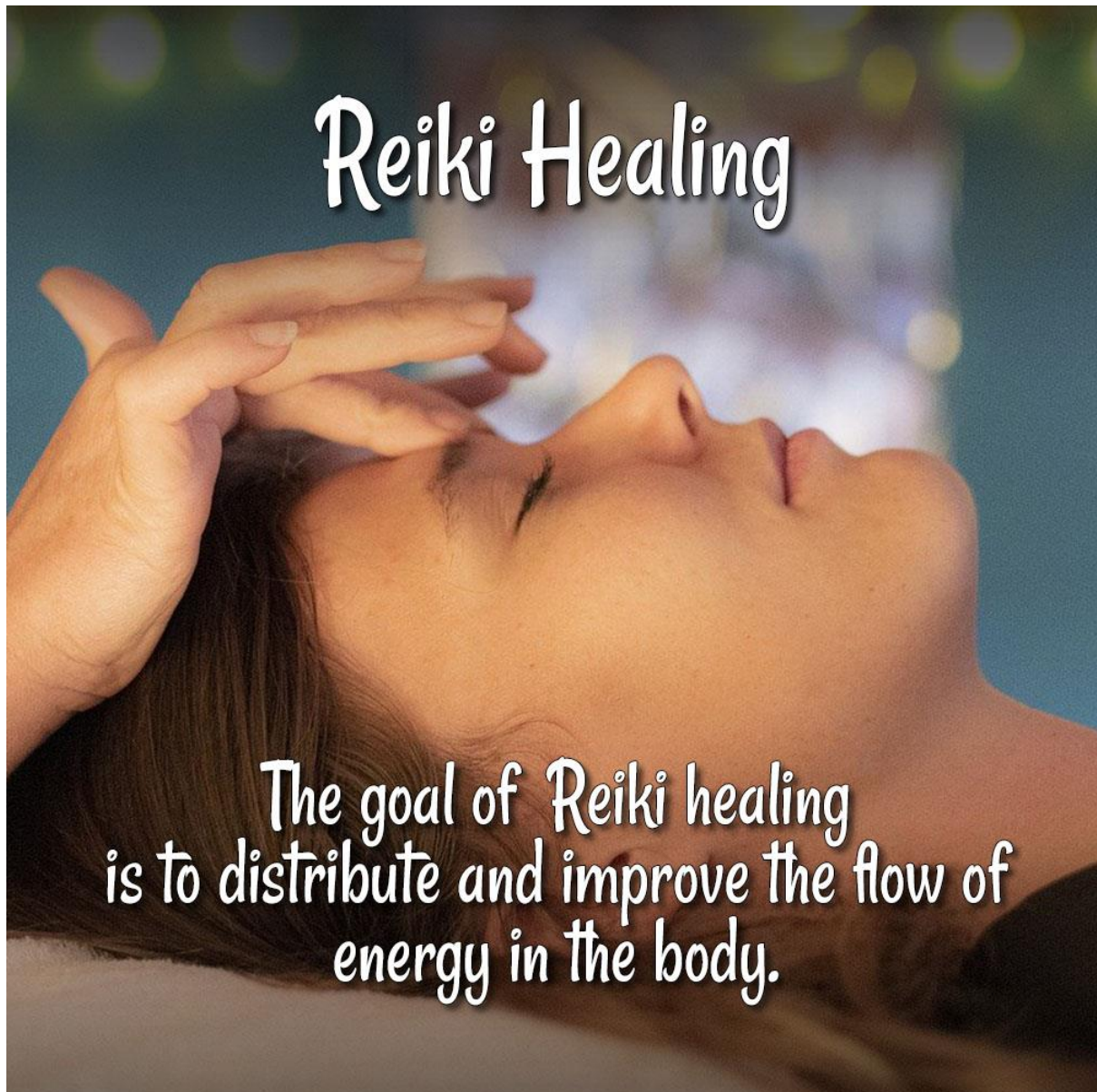
By applying their hands on the positive and negative points of the body, the patient feels recharged. Polarity therapy is a safe approach to enhance physical, mental, and emotional well-being.

According to experts, your life energy affects both your mind and body. How you think about yourself and your environment, whether negatively or positively, will affect your body's health and healing.

Your mind and body are connected through your energy system. Emotionally, balancing your polarity will lead you to enhanced self-awareness, acceptance, and understanding.

Healing deep-seated emotional and psychological problems will also help you heal and prevent physical pains and illnesses.

Benefits of Reiki Healing



Reiki healing is an energy healing technique that originated in Japan. The word "reiki" comes from a Japanese phrase that means "mysterious atmosphere, miraculous sign."

Dr. Mikao Usui created the most popular form of Reiki practice back in the 1920s. It has since been performed worldwide. However, Reiki healing has been around for about 2,500 years.

The principle behind Reiki is very similar to other alternative therapies such as acupuncture and acupressure.

In Reiki, it is believed that energy that stagnates in the body can cause illnesses. The goal of Reiki healing is to distribute and improve the flow of energy in the body to prevent energy blocks that can cause damage over time.

A Reiki session involves the practitioner gently moving their hands just above the client's specific body parts, such as head, limbs, and torso, to remove energy blocks and transfer positive energy throughout the body.

The client is fully clothed during a Reiki session, and they can either be seated comfortably on a chair or lying down on a table. Reiki is attributed to various health benefits, including physical, mental, and emotional healing.

Here are some of the known benefits of Reiki.

Increases Focus

Positive energy transfer is one of the effects of Reiki healing, which helps us clear our minds from anxieties. It allows us to focus on the present as it increases our awareness of what is happening in that moment.

Reiki healing also helps us to release past thoughts, and uncertainties about the future, making it easier for us to be more mindfully present.

Releases Tension and Relaxes The Body

Reiki healing is known for its profoundly satisfying relaxation effect. Reiki helps the body relax by allowing ourselves to simply 'be,' which then helps us release the tension we may have throughout our body. The increased flow of positive energy lets us feel more peaceful and have a sense of lightness after a long day.

Improves Sleep

Sleep deprivation is linked to various life-threatening conditions, such as high blood pressure and unstable blood sugar levels. People who lack sleep also suffer from brain fog and find difficulty in performing mental tasks.

Reiki healing helps release tension, stress, and anxiety, making it easier to sleep better at night.

Promotes Self-Healing and Rids the Body of Toxins

One of the outcomes of Reiki healing is to balance the energy in our body for it to return to its natural, healthy state. As a result, our breathing, heart rate, blood pressure, and other physiological functions are improved.

In addition, a positive energy flow through Reiki healing helps our body initiate healing and repair damages caused by toxins.

As it promotes self-healing, the body initiates cleansing and begins to purge the buildup of toxins or useless energies stored in the organs. As a result, we become relieved from fatigue and stress while also strengthening our immune system.

Helps in Spiritual and Emotional Healing

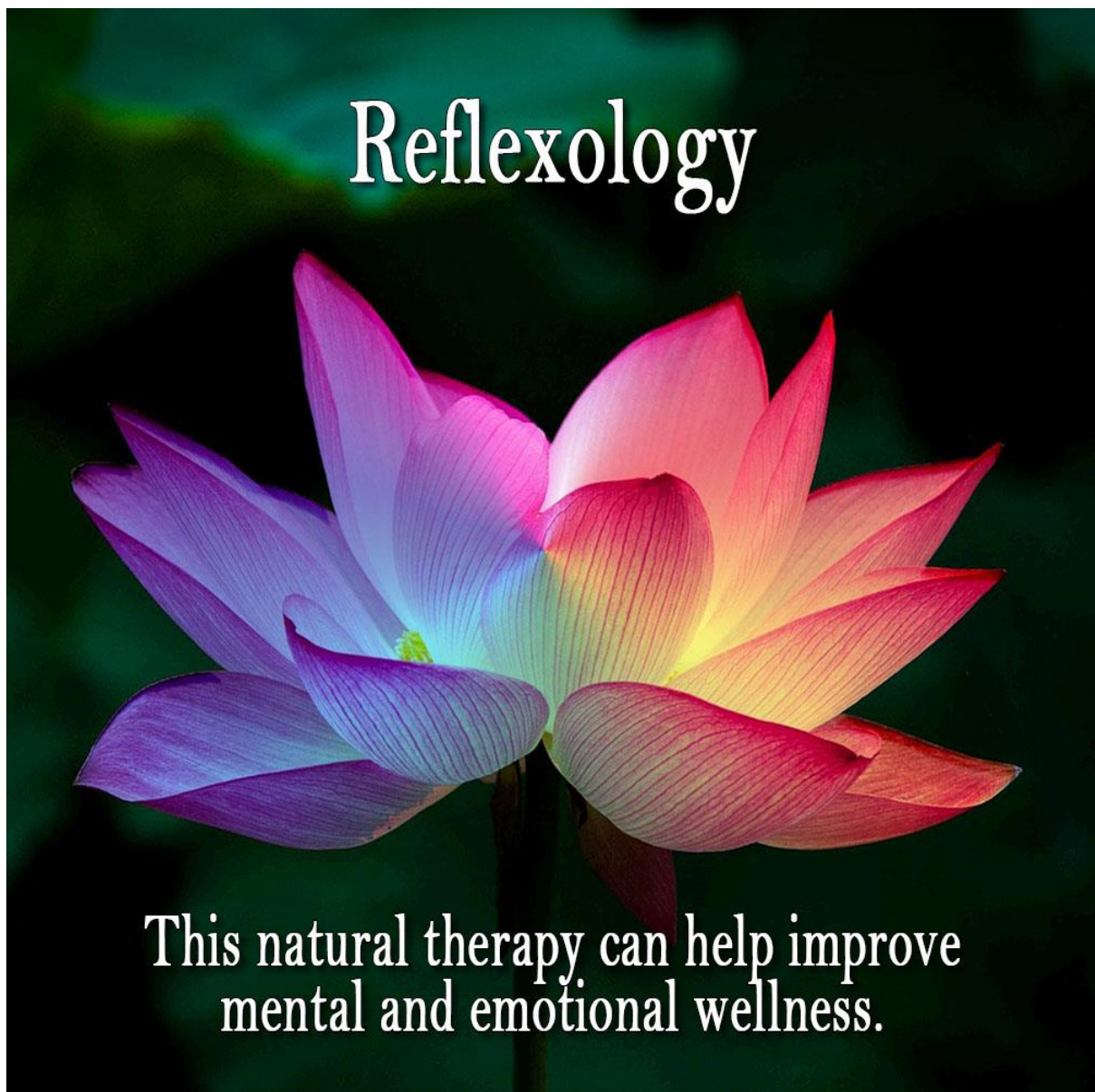
While there are several physical benefits of Reiki healing, many of its advocates also undergo sessions for spiritual and emotional improvement. Reiki not only helps with our physical state but also helps us attain peace and serenity.

Many people who practice Reiki regularly report a more positive attitude towards life in general. Reiki healing is one of the many ways you can utilize to achieve overall wellness. It not only improves your physical state, but it helps boost the mental, emotional, and spiritual aspects of your life.

There are no known side effects of Reiki healing, and anyone can benefit from this type of energy healing. However, like most therapies, ensure that you are receiving treatment from a qualified professional practitioner.

Energy healing therapies like Reiki would be a great addition to any treatment plan to help achieve a more balanced and positive life.

Reflexology for Mental and Emotional Wellness



Mental and emotional health awareness has increased greatly in recent years, and this can only be a good thing.

People suffering from mental health problems are looking for ways to ease their issues, and many are looking for a more natural therapeutic approach.

Natural options are safer as opposed to taking medication that may cause severe side effects. One such natural practice is reflexology.

Reflexology is based on traditional Chinese medicine beliefs, whereby our body is full of energy or qi. According to traditional Chinese medicine, whenever we are experiencing illnesses, discomfort, or any type of pain, it is because of an imbalance or blockage of our energy flow.

Reflexology aims to restore the body's balance and flow of qi by applying varying amounts of pressure to the feet, hands, and ears. These specific body parts, called pressure points, are connected to the other parts of the body and function as pathways of energy.

Reflexology helps us achieve a natural state of wellness and good health. There are several benefits of reflexology. The gentle pressure can relieve muscle strain and tightness, it can increase blood circulation, improve digestion, and strengthen the immune system.

But aside from these more obvious benefits of a reflexology massage, it can also improve our mental health.

How Can Reflexology Improve Mental Health?

Reflexology can help improve mental health by focusing on areas of physical concern, which can alleviate pain related to mental health problems, such as symptoms of anxiety, stress, and depression. Anxiety, stress, and depression can manifest in different areas of the body.

Releasing Muscle Tightness Reduces Stress

Reflexology can reduce stress by releasing tightness in muscles and by regulating the adrenal glands, which are responsible for producing stress hormones.

Whenever we are stressed our bodies respond by overproducing epinephrine, which can cause us to be in a heightened state of alertness. Reflexology can help calm our nerves and muscles, which will help destress us emotionally.

Releasing Muscle Tightness Promotes Better Sleep

Another way in which reflexology can help improve mental health is through aiding patients to achieve better, and deeper, sleep. As the muscles are no longer tense, the patient can feel a sense of relief from any stress or anxiety.

It can also help to improve the function of the pineal gland, which controls the sleep cycle.

Improving Blood Circulation Elevates Mood

Reflexology can also improve blood circulation and remove toxins from the body, which can elevate mood. People who suffer from depression often have an irregular heart rate, and through reflexology, their blood circulation can be improved, which results in regulating their heart rate.

Boost Digestive Health and Reduce Stress

Anxiety and stress can also manifest in having poor digestion. Chronic stress can cause indigestion and irritable bowel syndrome. Reflexology can provide relief and help in clearing out the colon and the digestive tract.

The Interaction Between Patient and Therapist

The physical touch and being in the presence of a caring and compassionate health provider may also offer some sense of relief to patients who are suffering from depression. The calming ambiance created by the therapist can offer a safe space for people who need to destress.

Trying Reflexology For Your Own Emotional Wellness

A reflexology treatment can be part of your self-care program, which promotes a positive sense of self and increases self-awareness. Through consistent self-care practices, you can better recognize emotional patterns that may trigger depression or anxiety.

Patients who are looking at reflexology as a form of alternative treatment to any current traditional treatment should consult with their doctor. In many cases, reflexology can be included in the patient's treatment plan as support.

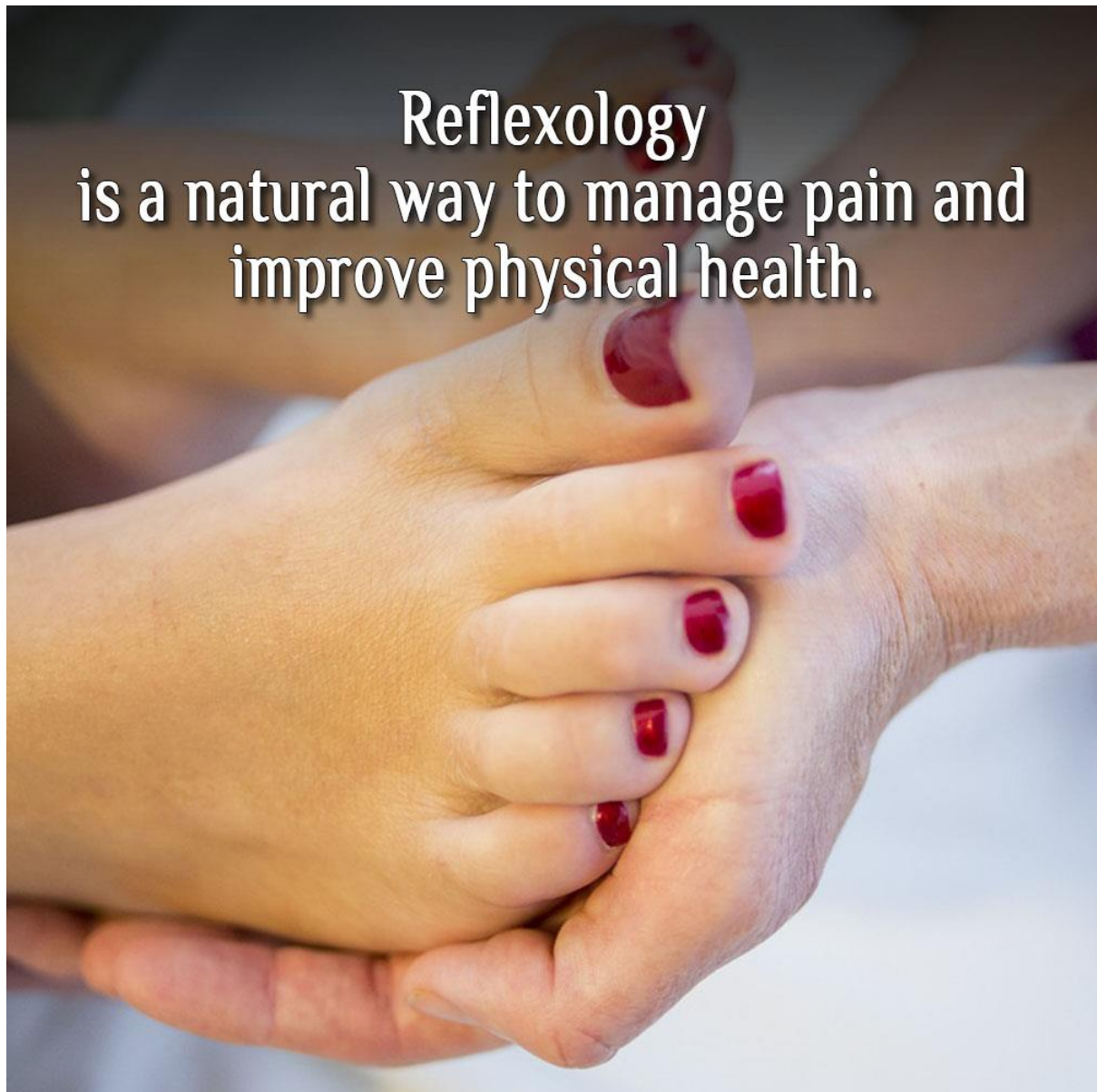
For those who are simply looking for a way to destress, reflexology can be a great option, as it will help aid in healing, both emotionally and physically.

If you are keen on trying reflexology for mental health issues, it is important that you find a reflexologist with whom you feel comfortable. In order to feel the maximum benefit of reflexology, several weekly sessions may be required.

Natural therapy can be a big help to patients who are looking for alternative ways to help deal with mental health issues. Reflexology can aid patients suffering from stress, anxiety, and depression as it relaxes the mind and the body.

By incorporating reflexology therapy into your treatment plan, you will begin to feel renewed and reenergized, helping you to feel better about and within yourself.

Reflexology for Improving Health and Reducing Pain



Modern science has played a big role in keeping us healthy, but in addition to new discoveries in science and health, ancient healing techniques can be used as a natural alternative to some traditional treatments and medication. One of the oldest techniques used in healing physical pain and ailments is reflexology.

Reflexology aims to restore balance in the energy flow and bring relief to different parts of the body. The pressure points are all connected to the body's organs and systems. Reflexology can help alleviate different types of pain we often feel due to stress, work, the natural aging process, or our hormones.

The pressure applied to the pressure points can send signals through the central nervous system to adjust tension levels, resulting in a more relaxed and calmer state. More and more people are looking into reflexology as a more natural way to manage pain.

A recent study suggests that reflexology can be as effective as taking painkillers, making it a possible alternative to prescription medication. Aside from improved general health, reflexology can also provide pain relief to specific areas of concern.

Sluggish Circulatory System

A compromised circulatory system is the cause of many physical problems. Reflexology can help increase the blood flow throughout the body, keeping the cardiovascular system healthy. The increase in oxygen can help maintain a healthier body.

Migraines and Headaches

One in four households in the United States has at least one member suffering from migraines and headaches. Most of these cases are related to high stress levels due to work or school. Reflexology can offer patients relief from migraines and headaches through the massage's relaxing effect on the body.

Applying pressure between the base of the thumb and index finger can relieve pain caused by a tension headache. Another pressure point that can be connected to migraines and headaches is the one located in between the big toe and the second toe. Applying pressure on this area can lessen the pain felt in the temporal lobes.

Digestive System

Problems with the digestive system such as Irritable Bowel Syndrome, hyperacidity, and indigestion can be treated with reflexology. The increase in blood flow decreases stress in digestion and encourages a faster healing process. It can also reduce nausea, vomiting, ulcer, bloating, enteritis, and

abdominal pain. The relevant pressure points can be found throughout the hands, feet, and torso.

Back Pain

Pain in the back area can also be addressed through reflexology. Pressure points on the soles of the feet and around the heels and ankles are all connected to the spine. The soles of the feet, as well as the top part of the feet, are connected to the shoulders and back. Applying pressure on these points can relieve lower and upper back pain. Flexing the foot forward and backward can help relieve pain in the lumbar area. Reflexology can also alleviate pain caused by sciatica.

Sinusitis

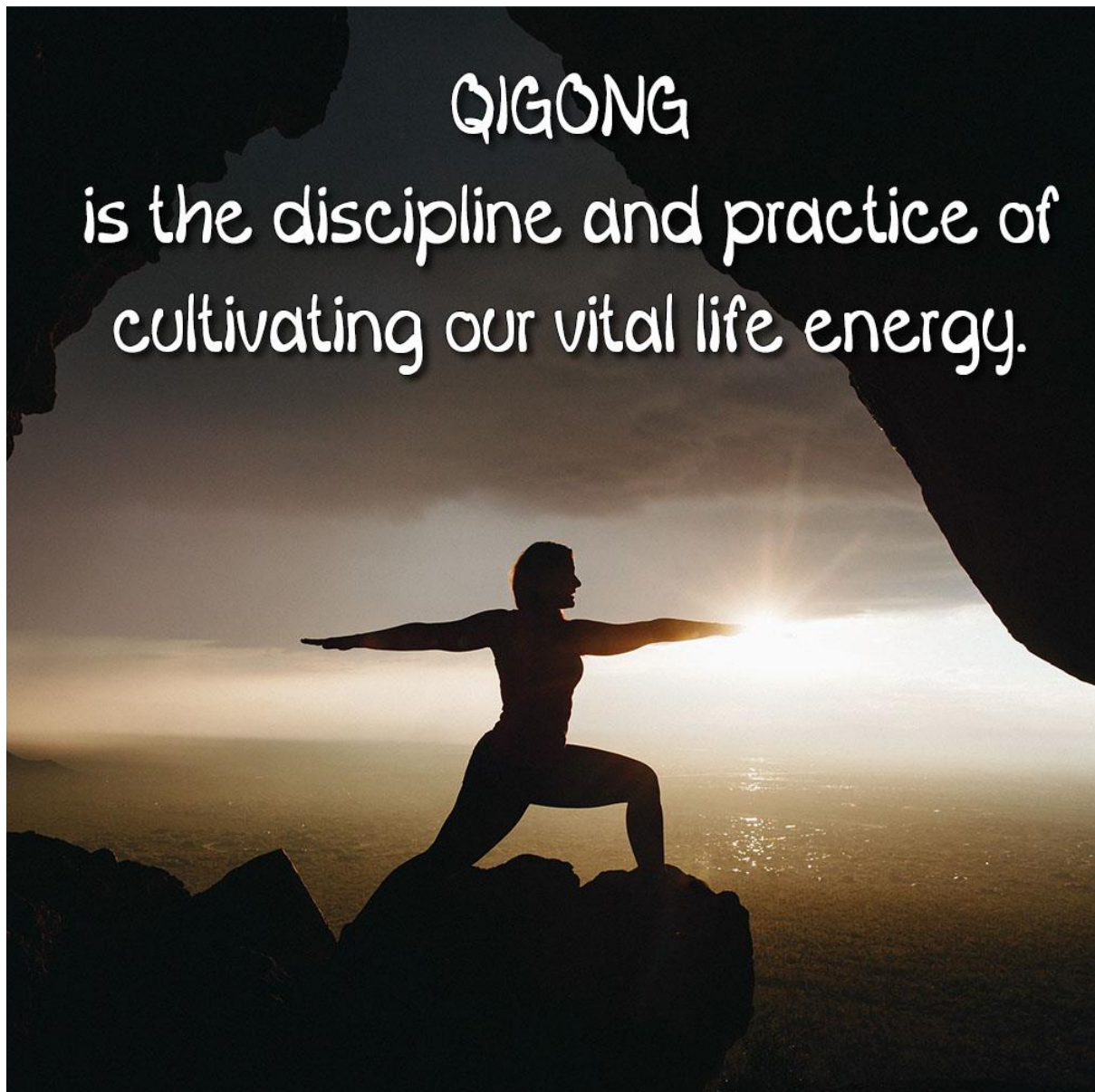
Relief from sinusitis can also be achieved through reflexology. The pressure points connected to the sinus area are mostly located on the head, face, and some parts of the neck. These pressure points include the base of the nose, bridge of the nose, and inner side of the eyelid, between eyebrows, over the cheekbones, and the backside of the head and neck. Applying pressure on these areas can treat cold and flu symptoms, runny nose, and facial pain due to sinusitis. There are also pressure points located on the soles of the feet that can help relieve these symptoms.

Arthritis

Arthritis is generally identified among people who are advanced in age, but the truth is, anyone at any age can be affected by some form of arthritis. There are several types of arthritis, but the two most common types are osteoarthritis and rheumatoid arthritis. Joint pain, stiffness, and swelling are just some of the symptoms of arthritis.

Reflexology can treat these symptoms by applying pressure to the different pressure points on the hands and feet. Aside from alleviating pain, reflexology can also increase the range of motion of the joints to improve mobility. A word of caution though, reflexology is not applicable to those who are suffering from gout as pressure may aggravate the pain.

Qigong for Healing the Mind and Body



Qigong is an ancient practice from China that uses a combination of gentle movements, meditation, and sound that works to direct the energy from within.

Qigong is pronounced as chee-gong; a combination of the words “qi” which is a traditional Chinese concept meaning vital life force, or energy, and “gong” which means mastery.

Qi refers to the vital life force/vital energy in all of us.

This energy sustains life and is the gatekeeper of our health. Gong refers to the daily practice or commitment involved in cultivating the mind and energy. Just like any discipline, this skill requires patience, practice, and time in order to be mastered.

Through the powerful practice of Qigong, healing ourselves in a holistic manner is possible. This encompasses physical, mental, emotional, and spiritual dimensions of the body.

The Mind-Body Connection

The practice of Qigong acknowledges the mind and body connection and how it is possible to connect more deeply with our bodies through the mind.

By cultivating the practice of Qigong, we are essentially unraveling the inner layers of the human body and making our connection with it known through the powerful force of our own emotions.

It is believed that the five organ systems that make up our bodies are more than just a physical dimension. They work together like a family, wherein they support one another and constantly communicate with each other.

Through our emotions, we connect with these 5 bodily organ systems and transmit our energetic experience with them. Our emotions are not just in our thoughts, but the energy of these emotions lives within our bodies and could get trapped inside.

When one of our key organs is challenged, such as the liver, it has a direct influence on our emotions making us feel easily angered, frustrated, possibly more clouded in our judgments.

This same qi causes us to get sick, feel stressed, and often tired when it gets blocked inside our bodies. When the body doesn't trap qi inside, we feel vibrant and it affects us directly, too.

That's how feeling more alive, clear with purpose, and being easily motivated happens. The practice of Qigong releases any trapped energy inside our bodies, transforming us into more vibrant and healthy individuals.

Cultivating qi is key to our longevity and good health. How happy and healthy we feel about life has a lot to do with the free flow of our qi (life force).

How Qigong Works

The role of Qigong is to unblock our qi, the vital life force, that sustains life. Qigong is the discipline and practice of cultivating this vital energy, perceiving this energy from within, and directing it through various techniques.

These include controlled breathing techniques, meditations, movements, postures, and guided imagery, among others. It really is more of a movement meditation, than an exercise. A very popular type of Qigong is tai chi.

Qigong is practiced using the conscious mind. The conscious mind directs the body to relax while remaining in a state of awareness, remaining awake and alert. What makes it really powerful is the ability to put the body in a completely relaxed mode while one is awake.

Our bodies effortlessly go into this relaxed mode only when asleep, but during Qigong, a person is powerfully awake and in a heightened state of consciousness.

When the body finally relaxes, all while remaining alert, the subject can direct the energy inside their body, enabling it to promote a well-balanced functioning in all parts of the body.

As a result, Qigong effectively builds strength and stamina, similar to the experience of being in the gym without needing to exert a lot of physical force. Qigong offers super-charged stress-relieving benefits.

There are several types of Qigong styles around the world today, widely ranging in form and style; from meditation to more vigorous martial arts types of exercises. The more widely known type of Qigong – Tai Chi – effectively helps cultivate and manage qi.

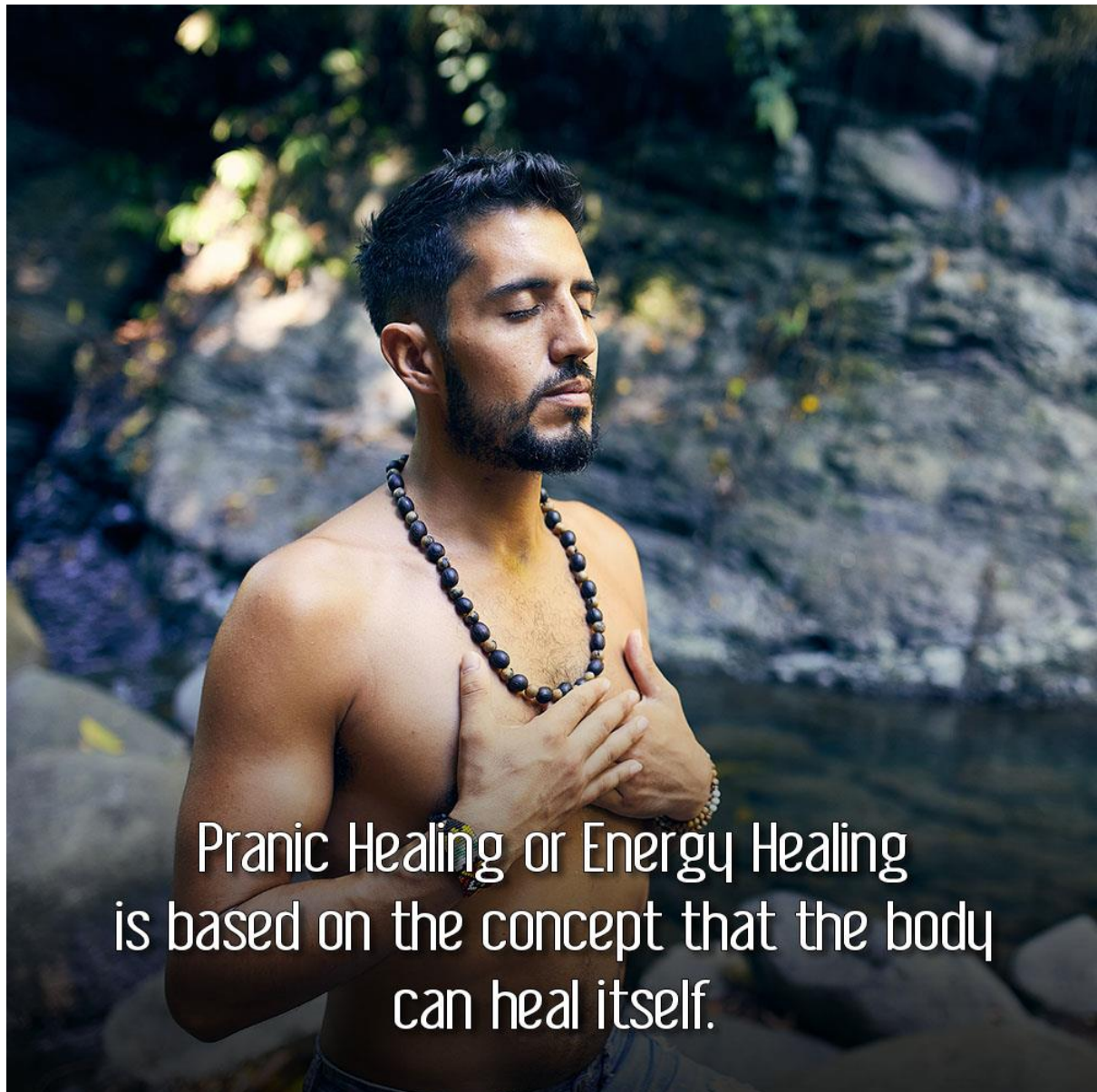
Harnessing the effective power of Qigong to unblock our qi can be done through visualization and a heightened state of awareness. Self-healing is made possible with Qigong.

Qigong comes in many types. In fact, there are thousands of Qigong styles to choose from already, but they can be mainly categorized as Medical Qigong, Martial Qigong, and Spiritual Qigong. Generally, practitioners combine exercises encompassing all three categories, the only thing they differ mainly is in focus.

Medical Qigong is for self-healing and healing others, martial Qigong can be for heightened physical skill, and spiritual Qigong is for deeper enlightenment.

Qigong sharpens the mind and focus intensely, all while making you feel superbly relaxed, as it builds up your strength from the inside. It rejuvenates the physical body and restores the inner balance.

What Is Pranic Healing?



Pranic Healing or Energy Healing is a natural healing method based on the concept that the body can heal itself.

It's based on the use of prana, which means energy or life-force in Sanskrit. This life energy is called ki in Japan, and chi in China.

Prana is the bioenergy that's vital to maintain a well and healthy body.

It restores the flow of energy throughout the body, mind, and soul, and cleanses the person's aura. Pranic healing complements and enhances conventional medicine and focuses on relaxation, physical healing, mental clarity, and psychological healing.

Pranic healing originated in India centuries ago and is practiced in other countries, such as China, Japan, Tibet, and Thailand. Pranic healing is based on two fundamental principles that help accelerate the healing process - self-recovery and life force.

The principle of self-recovery pertains to the body's ability to repair itself in terms of physical, emotional, mental, and psychological problems. The principle of life force refers to how the pranic energy level of a person increases.

How Pranic Healing Works

Pranic healing restores the balance of energy in the body to promote healing. When there's an imbalance, such as when there's a blockage in the energy centers of the body, it can cause health problems.

When you correct the imbalances, your body can heal itself.

Pranic healing is performed without touching, but by channeling the energy to the appropriate areas. You can do it by yourself or with the help of a pranic practitioner. The process involves three steps - checking, cleansing, and revitalizing.

First, you need to check the energy imbalances or abnormalities. Then, cleanse the body from these abnormalities and remove any energy blockages. When that's completed, the body is revitalized with fresh prana.

Pranic healers use their hands to check the energy level or any abnormalities.

Any detected diseases or illnesses will be cleansed through prana and transferred to the patient by the healer. The aura will affect the condition of the body mentally and physically.

Benefits of Pranic Healing

Pranic healing can be used both in physical and mental health ailments. Some people may experience different benefits of pranic healing for minor and major illnesses.

The physical health benefits of pranic healing include the following:

- Lower the temperature of children with high fever
- Relieve headaches, body aches, and other muscle pains
- Cure a common cold and cough
- Relieve eye, liver, and heart problems
- Weaken cancer
- Treat diabetes
- Cure gastrointestinal problems
- Manage tuberculosis
- Improve stamina

The mental health benefits of pranic healing include:

- Treat phobias
- Manage depression
- Lessen financial losses or relationship problems
- Boost self-esteem and interpersonal skills
- Reduce stress
- Provide inner peace and happiness
- Improve spiritual growth
- Attract good luck and prosperity
- Improve concentration
- Prevent memory loss

Pranic Healing and You

The body has the ability to heal itself without taking medications or undergoing treatments, and that's the foundation of pranic healing. By tapping into your body's energy sources, you can keep a healthy body and mind.

Any irregularities and energy blockages on the body's energy centers lead to illnesses.

If you're stressed and physically drained, pranic healing helps you to relax and feel better. Anyone can learn this kind of healing system as long as they have determination, concentration, positive thoughts in mind, and a willingness to learn.

Even so, pranic healing should not solely replace conventional treatments. Always consult your healthcare provider if you feel sick.

Pranic healing should only act as a complementary healing method to speed up your body's healing process and recovery.

Conclusion

Skeptics can struggle to accept the concept of energy healing. They may feel that that they must feel pain or discomfort for there to be any sort of healing or resolution to their condition.

Or if they are still pinned to the twin pillars of surgery and pharmacy, they may perceive any alternatives to be questionable in their effectiveness.

For those who have an open mind and who can look beyond the obvious physical aspects of our being, simply accepting the concept of energy healing can be a lightbulb moment.

An understanding that everything is energy, even us, will lead us to realize that the proper flow and balance of this energy within us is vital to our health and wellbeing.

Our bodies can heal themselves, but when our energy flow is impaired or disrupted, we may need help to unblock and re-balance it.