

Beginner's Guide to Energy Healing

What to Expect • How to Prepare • How Your Body Responds



What is Energy Healing?

Energy healing is a holistic practice that works with the body's energy systems to promote healing and well-being. It is based on the principle that we are all made of energy, and that imbalances in this energy can lead to physical, emotional, and mental health issues. By restoring balance to the energy field, energy healing can activate the body's natural healing abilities.

You do not need to believe in energy healing for it to work. Your body simply needs permission to rest.

What to expect during a session.

- You will remain fully clothed and comfortable, either lying down or seated
- Hands may be placed lightly on or just above the body
- Sessions are quiet, calming, and deeply relaxing
- You may feel warmth, tingling, heaviness, lightness, or nothing at all
- Emotional release may occur gently through sighing, deep breaths, or tears

Every session is different. Your body takes what it needs.

After your session.

It is common to feel deeply relaxed, energized, emotionally lighter, or more aware of your body. Some people feel tired or thirsty afterward. Drink water, rest if needed, and allow time for integration.

Healing continues after the session ends.

Is Energy Healing Right for Me?

Energy healing may be supportive if you feel emotionally overwhelmed, burnt out, or tense, carry stress in your shoulders or jaw, struggle to fully relax, or sense emotions stored in the body.

You do not need to know anything about chakras or meditation. There is nothing to do "right." Simply showing up is enough.

Chakras and What They Do

Chakras are energy centers that influence physical, emotional, and mental well-being.

Root Chakra: Safety, stability, grounding

Sacral Chakra: Emotions, creativity, relationships

Solar Plexus Chakra: Confidence, boundaries, personal power

Heart Chakra: Love, compassion, emotional healing

Throat Chakra: Communication, self-expression

Third Eye Chakra: Intuition, clarity, insight

Crown Chakra: Connection, peace, higher awareness

When these centers are supported, energy flows more freely and the body feels more balanced.

Ready for your Next Step?

If your body is asking for deeper support, you are invited to continue gently.

[5-Minute Energy Reset](#)

A short practice you can use anytime to release tension and restore calm.

[Beginner's Energy Healing Mini Course](#)

A self-paced introduction to energy, chakras, and emotional release. No experience required.

Follow your body's yes.

How to Ground Yourself

Grounding helps your body feel safe and present.

1. Place one hand on your chest and one on your belly
2. Take three slow breaths in through your nose and out through your mouth
3. Imagine your feet rooted into the ground beneath you
4. Silently say: *I am safe in my body.*

Use this practice anytime you feel overwhelmed.

Daily Affirmation - For Self-Healing

I am safe to listen to my body.

Healing unfolds at my own pace.