

ENERGY HEALING DEMYSTIFIED



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I help people tap into their inner wisdom so they can cut through the hustle and handle whatever life throws at them.



I created this printable workbook so that you can physically write down your responses to the questions posed. The experience of putting pen to paper causes you to slow down and really think through your answers, something that can be difficult to do when you're just mulling things over in your head. If you don't have access to a printer, you can also just use a notebook and write out your responses by hand.

I hope you find this workbook helpful and that it gives you some clarity on what your personal values are and how they guide your decision-making. Thanks for taking the time to work through this!



BEFORE WE BEGIN

Take a moment to consider what you believe energy healing is like.

We all bring our own personal baggage and experiences into this world. It's not fair to hold someone accountable for other people's preconceptions, and it's equally as crucial not to do so with energy healers.

To approach this topic with an open mind and be willing to change your opinions, first determine what beliefs you presently have.



EXAMINING OUR VIEWS

What do you think of when you hear the phrase "energy healer"? These can be ideas around what a energy healing practitioner might look like, how they dress, act, or do.

What do you think energy healing entails? What do you think the experience would be like?



EXAMINING OUR VIEWS

What do you think energy healing can help with?

What do you think is NEEDED for energy to pass between people? For example, do you believe a practitioner needs to touch their client in order to provide healing energy? Be in the same room as them?

WHAT IS ENERGY HEALING?



Like many people, you may be curious about energy healing but don't know where to start. This guide is for you! We will demystify the experience and provide information on how to select a healer and work with them during your session. We'll also touch on the different types of energy healing modalities available so that you can find the right one for you.

UNDERSTANDING THE ENERGETIC BODY

The human body is composed of energy. The aura or human energy field is the phenomenon by which energy vibrates at various frequencies and surrounds the physical body. The aura extends approximately three feet from the bodily form. Have you ever felt that someone was near you, even though you couldn't see them? That is because we are constantly interacting with others' energy fields.

Cultures and spiritual paths differ in their views on the nature of subtle energies and how they function, so, we won't go into too much detail here. What you need to understand about the energetic body is that wellness originates from maintaining a state of equilibrium. When our energy is balanced, we are calm and relaxed. However, when our energy is out of balance, we might have physical,



psychological, or mental health problems. Energy healing may assist in rebalancing the body's energies and promoting recovery.

WHAT IS ENERGY HEALING, AND HOW DOES IT WORK?

Energy healing is an alternative medicine that uses energy to heal the body. Some people believe that energy healing can help to restore balance and promote healing. Energy healing may also help relieve stress and anxiety, ease pain, and improve sleep quality. Energy healing is also beneficial for the mind and body in general.

This energy can come from the healer, God, a higher power, or within the patient. Some forms of energy healing include reiki, therapeutic touch, and sound healing.

Reiki is a type of energy healing that uses the hands to direct energy to the patient. Reiki practitioners believe that they are transferring universal life energy to the patient, which can help to restore balance and promote healing.

Therapeutic Touch is a type of energy healing that uses the hands to direct energy to the patient. Therapeutic Touch practitioners believe that they are transferring universal life energy to the patient, which can help to restore balance and promote healing.

Shamanic healing is a type of energy healing that uses the shaman's connection to the spirit world to restore balance and promote healing. Shamans believe that they can communicate with spirits to help the patient heal physical, emotional, and spiritual issues.

Crystal healing is a type of energy healing that uses crystals to direct energy to the patient. Some energy healing practitioners believe crystals restore balance and promote healing. Common crystals used in crystal healing sessions include amethyst, quartz, and rose quartz.

Sound healing is a type of energy healing that uses sound to restore balance and promote healing. Energy healers can use sound to heal the body, mind, and spirit. Some common types of sound healing include singing bowls, tuning forks, and chimes.

WHAT ABOUT DISTANCE HEALING?

Some practitioners offer distance healing, meaning that they can provide healing services to someone in a different geographic area. This may be a good option to consider if there aren't any energy workers in your area. While some providers will set up a physical connection through a phone call or video conference, others will simply tell you the date and time during which they will perform their healing work. If you are interested in this, first check to see how comfortable you are with the concept of distance healing. If you are skeptical, that resistance may hinder the energetic flow.

HOW CAN ENERGY HEALING COMPLEMENT MY CURRENT PHYSICAL AND MENTAL HEALTH PRACTICES?

Energy healing can provide an additional layer of support. For example, if you are struggling with anxiety, energy healing can help to calm and center you. If you are dealing with physical pain, energy healing can help to release tension and promote healing. However, like most healing modalities, it has its limits. If you aren't looking after yourself properly, energy healing will not help you in the long run. A lifestyle that promotes general health and well-being includes a balanced diet, regular exercise, and enough sleep.

You also benefit from devoting time to your mental and emotional wellbeing. Suppose you're having trouble with anxiety, sadness, or other mental health issues. In that case, you can work with a professional to identify underlying causes or look at your environment to see what may be triggering those emotions. Energy healing will be useless if you don't look after your mind and body.

In addition to physical and mental health practices, energy healing can also complement your spiritual practice. If you are working on manifesting your dreams or goals, energy healing can help to clear blockages and promote positive energy flow.

An ethical energy healer will not encourage you to forego allopathic care, which is medication and therapy that has been assessed and licensed by the FDA. Consult with your doctor before stopping any prescription medicines from ensuring that you are not putting yourself at risk of an adverse reaction or withdrawal symptoms.



HOW TO SELECT A HEALER

When selecting a healer, it is essential to consider their training and experience. It is also crucial to consider the healer's approach and how they work with their patients. Some questions you may want to ask the healer include:

- What is your training* and experience?
- What is your approach?
- How do you work with your patients?
- Do you use energy healing or another modality?
- What might I experience during a session?
- Have you worked with people who have similar issues as me?

*** Note:** When selecting a practitioner, it is vital to go beyond any certifications they may hold. The increased awareness and popularity of energy healing has resulted in many schools and organizations offering training. There is no governing body to oversee practitioners and educators. Some practitioners attend a weekend-long workshop and call themselves "masters" in a specific healing art. Others may have years of hands-on experience without formal training.

It's also vital to trust your gut when selecting a healer. If something feels wrong or off, it is most likely the case. If you feel uneasy around a particular healer, that may signify that the two of you are incompatible. A practitioner might be honest and do excellent work, but if you're uncomfortable around them, your guardedness will slow the healing process

WHAT TO EXPECT DURING YOUR SESSION

Before the actual session begins, your healer will likely ask you about your personal history and what you hope to achieve through energy healing. Most healers will walk through what they will do during a session and what you might experience - allowing you to provide informed consent. Your healer also does not want you to be surprised mid-session. For instance, if your practitioner does not let you know ahead of time that they will use a singing bowl, hearing that sound during the session may startle you.

If your healer uses touch during a session, they will likely go over the regions of the body they will touch as part of the energy healing technique. It is perfectly okay to ask them not to use touch and instead place their hands a few inches above the area. **If you feel unsafe in the middle of the session, please speak up and let your practitioner know.**

Your energy healer will ask you to either relax in a chair or lie down on a massage table during the session. If you need to lay down, you'll usually have to face up with your head facing the ceiling. You may need to remove jewelry or wearable technology, as crystals and electronics may interfere with energy flow.



To open up to the flow of healing energy, you need to be comfortable and relaxed. If you're lying down on a massage table, let the healer know if you need something under your knees or head. If you're sitting in a chair, let the healer know if you need a pillow for your back or to elevate your feet. The practitioner will either dim the lights, offer an eye covering, or both. You may listen to soothing music or nature sounds. Some practitioners light incense or use essential oils to help you relax.

The healer will then touch you with her hands in specific locations. The energy healing may begin to flow, and you may feel warmth, tingling, coldness, or nothing. Some individuals fall asleep during the session since it is so relaxing. Other people have feelings or recall memories that they previously repressed. These occurrences are natural and should not be cause for concern.

When the session is over, the practitioner will gently bring you back to a state of awareness and alertness. They will likely ask you how you're feeling and if there was anything that came up for you during the session. It is essential to drink plenty of water after a session,

as your body will be releasing toxins. You may feel tired or emotionally drained after the session, so it is best to take it easy for the rest of the day.

It is important to remember that energy healing is not a quick fix. The goal of energy healing is to support your overall health and well-being. It would help if you used energy healing support with other physical and mental health practices for best results.

AFTERCARE FOR ENERGY HEALING

Once your session is over, your healer will likely guide you to integrate the energy healing into your life. It is essential to follow their instructions closely.

After your energy healing session, take some time to listen to your body and pay attention to any physical and emotional changes. Drink plenty of water, avoid alcohol, eat healthy foods, and get enough sleep. These things will help your body to flush out any toxins that were released during the session and promote healing.

You may also be given some affirmations or mantras to repeat to yourself. These can help to anchor the energy healing into your body and support your intention for the session. It is essential to be patient with yourself as you integrate the energy healing into your life - give yourself time to heal and adjust to the changes that have been made.

Finally, give yourself time to adjust after a session. Do not expect instant changes or miraculous results. Energy healing takes time and patience to be effective.



If you have any questions or concerns, please reach out to your practitioner. They will be more than happy to support you on your journey to wellness.

Energy healing is a powerful tool that can help you to heal physically, emotionally, and spiritually. With the guidance of a professional, you can use energy healing to enhance your current health practices and support your overall well-being.

WHEN SHOULD I DO A FOLLOW-UP SESSION?

It is essential to listen to your body and trust your intuition about when to schedule sessions. Some people need weekly sessions when they are first starting. Others may only need a session every few months or even once a year. Trust yourself and follow your guidance about what you need to heal.



THANK YOU...



I hope you found this workbook helpful. Remember, energy healing is not a quick fix. The goal of energy healing is to support your overall health and well-being. It would help if you used energy healing support with other physical and mental health practices for best results.

If you'd like more support in exploring how energy healing can supplement your current wellness practices, please reach out to me. As a Spiritual Connection Mentor, I help people cut through the hustle of life so that they can handle whatever the world throws at them. Together, we can create a plan that meets your unique needs and helps you achieve your goals.

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