

Energy Healing

What is Energy Healing?

Channelling Universal energy from Spirit through the energy healer and directing this energy to the healing recipient.

Energy is described as vibration, energy, a sense, a feeling, a frequency.

For effective energy healing we require a belief system that supports the above elements.



What is energy?

The human body is a vibrating mass of energy, octillions of atoms that are in a state of constant vibration. We regenerate cells every day, we are surrounded by radio waves, electromagnetic energy and so much more..

The world we live in is also made up of atoms, radio waves etc. We are immersed in this energy constantly and this energy is also affected by our actions.

That energy shows up as our aura, chakras, colours, vibrations and frequencies.

Sometimes we will think (a belief), act (conditioning) or experience a trauma (a big life event) that depletes our energy field. This may create a disturbance and the imbalance can effect our mind, body or soul. We may experience a minimal reaction such as a headache all the way to a chronic or life altering condition. Not all actions and reactions have catastrophic outcomes because any number of variables are at play at any given time. If we try to control all aspects of this process we would simply stop living our lives.

In energy healing we interact with this energy to return the human self to its optimum health status.



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What makes an energy healer

Energy healing is a natural state of being. We automatically place our hands on ourselves or others when we sense physical pain or give a hug for emotional pain.

Learning to use energy to heal can be done by mimicking others and using your own intuitive nature or you can formally train, with a master, to gain recognised qualifications. However you proceed is personal and there are no right or wrong pathways.

A healer must be prepared to be "healed" themselves as described in the adage "Give a healing, get a healing"

An energy healer will always become balanced by the energy they channel. Self awareness work is vital to remain and healthy.



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How does Energy Healing work?

There are many ways to deliver an energy healing and they all have some common elements

An unseen, yet felt/understood, force that is the source of "All that is," sometimes called Spirit or God. The healers energy field is increased to match the healing energy and the healer is then used as a conduit for this energy. The healer then transmits the energy where needed.

A set of channels or meridians that make up a type of grid, pattern or blueprint of the physical body. This blueprint is an unseen (to the human eye) that can hold and direct the healing energy to where it is needed.

The healer uses their hands, holds the space for the recipient, connects to "Spiritual/Universal" power and using their intuition directs the channelled energy to the area that requires healing.

Alternatively the healer connects to the "Source," holds "space" for the "healing guides" and bears witness to the healing event, relaying the event to the recipient once the healing is complete.

Healing is understanding we are all connected. We are part of the whole "The Source/Spirit"



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Detecting changes in the energy field

Everyone experiences energy in their own unique way. What works for one person may not fit another.

Finding your healing frequency requires practice and attunement to the subtle changes in your own body.

We use the six senses to detect energy changes.

To see: colours, energy waves, spirits, anatomy. anything that is in your knowing may be seen. Whether the mind's eye or the human eye it is relevant to the healing situation.

To hear: voices, sounds, music, frequencies, anything audio. You may hear with your ears or your inner Self. These sounds may be a message or part of the healing process.

To feel: you may feel the recipient's pain, discomfort or any physical changes. This is a sign that directs you to the site of healing.

To taste and smell: this is a part of mediumship. Tastes vary eg. you might taste/feel/smell when someone has had chemotherapy or harsh drugs. It has been reported to leave a taste in the mouth.

To sense/intuit: when you just know. Your feelings are guiding you. This is you in tune with the recipient, their guides and the Universal energy.



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Does energy healing make a difference?

Energy healing is not something you can control. You are the channel and the witness. What the recipient needs during the healing will depend on their Soul Journey.

Someone may present with a physical impairment while their initial healing may require emotional balancing before the physical self can heal. This is not for the healer to determine. They tune into the process and guide the energy as "instructed" by the guides/soul or Universal/Spirit energy.

People come for many reasons. Remember they are putting trust in the process and they are often vulnerable. A healer's role is to hold space with no judgement



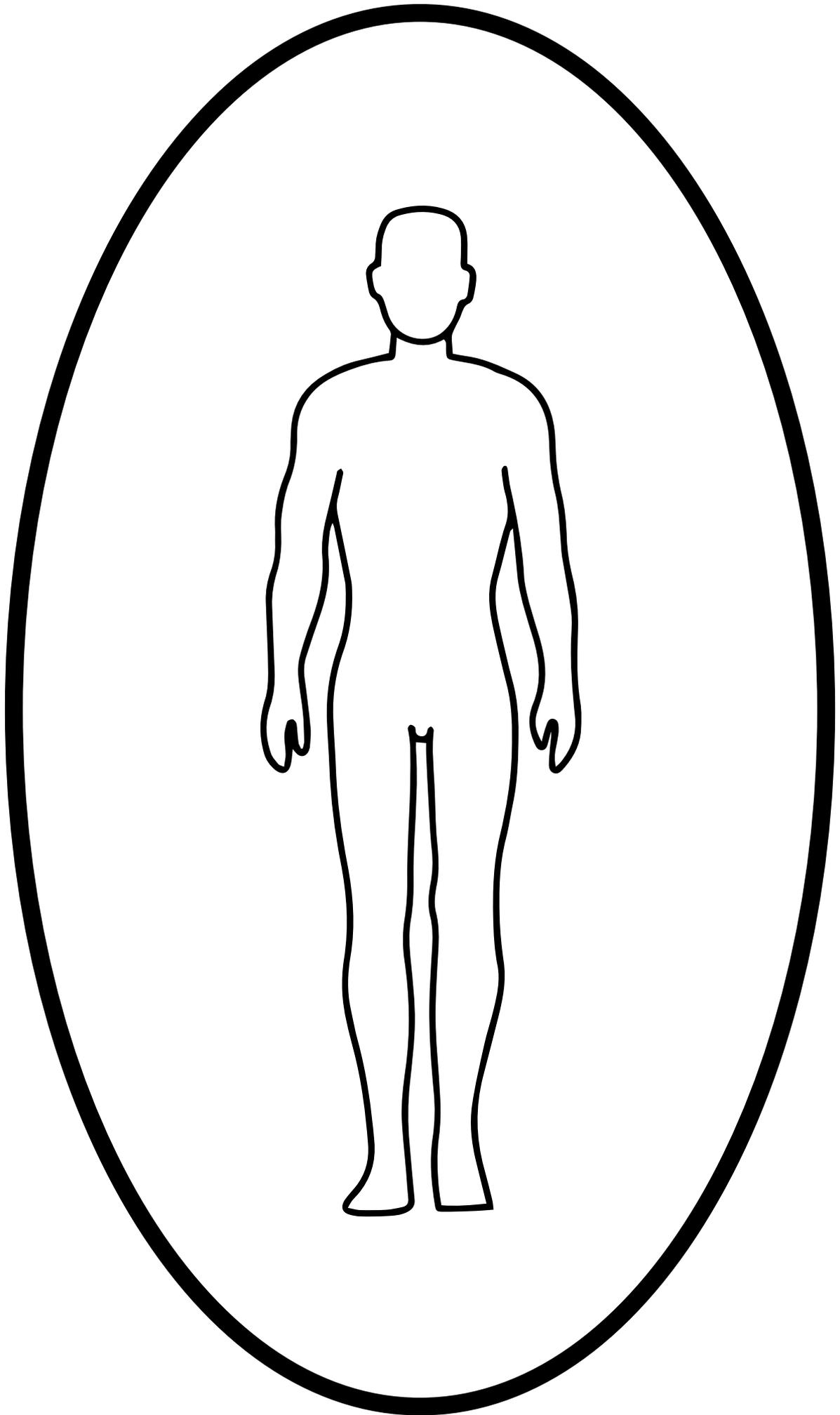
Ways to express energy healing

There are too many modalities to list here and it would be too confusing. Here are some well known ones

- Reiki
- Trance Healing
- Kinesiology
- EFT
- Pranic Healing
- Metaphysical Healing
- Medical Intuitive



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Energy Healing

Impressions

Chakra

Colour

Aura

Emotion

Physical (not a medical diagnosis)

Intuition

Spiritual Message



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Client Feedback

Note: discuss with healing receiver your
impressions and collaborate with them on a
soul-health plan. **unless you are qualified,
giving medical advice is illegal

Health

Wellbeing



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BRAZILIAN TOE MASSAGE

article by Peter Eedy

It sounds like a foot fetishist's favourite fantasy. In fact, it is yet another form of pressure point massage healing.

In this article, Peter Eedy explores the how's and why's of this intriguing antipodean technique.

I came upon this simple but extremely effective healing modality in 1976 whilst visiting my friends and teachers) at the centre for bio-energy in London.

All in all, I have taught several hundred people in five different countries, the Brazilian Toe Massage. Because of its effectiveness and simplicity, it has always met with great acclaim and amazement.

As the name suggests, the 'massage' or rather the toe-holding originates from Brazil, the country that boasts of having an estimated five million psychics, mediums and spiritual healers (see the American journal for humanistic Psychology).

Brazil - the country that gave us one of the most outstanding and controversial healers the world has known, Arigo, the surgeon with the rusty knife. Brazil, like the Philippines, the home of the psychic surgeons, has an almost identical blend of local mysticism and Roman Catholicism that seems to produce psychic and spiritual healers of an extraordinary calibre.

It is not surprising, then, that a healing method such as the Brazilian toe massage should originate from this country. Gerda Boysen learnt the technique from a Brazilian healer who claimed that there is a hospital in Brazil where they practise this technique exclusively and cure all manner of illness.



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(Brazilian Toe Massage cont.)

What fascinates me is how this method corresponds to acupuncture principles. Many people have remarked that "It's like having an acupuncture treatment without the needles. However, I am not suggesting here in any way that the Brazilian toe massage should or can replace acupuncture, both modalities have their place in healing

As a result of my work in psychotherapy, I have gained a limited understanding of the correlation to organ condition and emotional states. Acupuncture lists some of the emotional states and how they correlate to different organs, for example, liver and gall bladder relate to anger; kidney and bladder to fear; heart to joy; and spleen to anguish.

Acupuncture can bring about changes in the emotional state by emptying out excessive energy trapped in organs, and by increasing the flow of energy into depleted or undercharged organs. It seems to me that the exact same phenomenon occurs during Brazilian toe massage.

There are six energy meridians that connect to the organs in the body, all of which end in the toes. They are the spleen and liver, which end in the big toe stomach - the second biggest toe, bladder - the central toe, gall bladder - the second smallest toe and kidney - the small toe.

By holding the toes, the energy meridians can be influenced by creating a circuit of chi energy between the practitioner/masseur and the person receiving the treatment, this in turn influences the organs.



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(Brazilian Toe Massage cont.)

The person receiving the massage lies comfortably on the back with eyes closed and palms facing upwards.

The massage begins with the masseur lightly holding the tips of both the central toes with their central fingers and thumbs. After five minutes has elapsed, the masseur moves on to the next toe in the order demonstrated in the diagram.

Each toe should be held for exactly five minutes before moving on to the next toe, and each toe should be held by the corresponding finger and thumb except in the case of the big toe, which is held by the first two fingers and the thumb, since the big toes have two energy meridians whilst the remainder have only one meridian.

Some basic principles concerning the massage are:

- Move each finger onto each toe prior to breaking contact with the person receiving the massage.
- Each toe should be held for Five Minutes except if the toe (or toes) jerks involuntary. If this occurs, move on immediately to the next toe as the startle reflex action is a message from the organ saying enough energy has been received - any more stimulation will overcharge the organ, inducing in the patient an uncomfortable state.

I have seen people who are anxious or hyperactive put to sleep within 25 minutes (optimum massage time if jerking does not occur). I have also put people into a deeply relaxed state, who only 30 minutes before were quite angry.



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(Brazilian Toe Massage cont.)

Several people who have learnt the massage have reported that on applying it to their insomniac relatives, they were able to put them to sleep after only a few treatments (this may not be a permanent cure but results look promising).

Other people complaining of aches and pains or headaches seem to lose their pain after a treatment. Once again this may not be a permanent state of affairs.

The only short-term research that has been conducted regarding the therapeutic effects of the Brazilian toe massage were carried out by the Reverend Alf Foote, who is the director of Morland Hall, a drug and alcohol referral clinic in Melbourne.

I taught Alf the technique over a year ago. He recently reported to me that many of the drug dependents with withdrawn personalities, who did not respond to the normal bio-energetic and emotional release psychotherapeutic approaches used at the clinic, responded well to the Brazilian toe massage, which was applied twice a day for several weeks.

After some weeks patients reported pleasurable feelings in their arms and legs and a floating sensation in their limbs. Alf also reported that the patients became more open-minded toward other techniques, such as psychoperistalsis, and less withdrawn.

The Brazilian toe massage: an interesting holistic (or sole-
listic) approach to healing.



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(BRAZILIAN TOE MASSAGE - BASIC INSTRUCTIONS)

Brazilian Toe Massage or actually toe holding originates from Brazil where reputedly there is a hospital where this technique is practised exclusively and cures all manner of illnesses.

It corresponds to acupuncture and its results are similar. By holding the toes the energy meridians are influenced by the creation of chi energy from the healer to the person and hence to all the organs and other parts of the body.

Begin by making the patient comfortable, and it can also help to give a light foot massage before beginning. Then, after centring, sitting at the feet hold the tips of both central toes lightly between the thumbs and central fingers.

Hold for 5 minutes.

Move on to the next toe and so on according to the diagram, and with finger and thumb in same relation to each toe, except for the large toe where 2 fingers - index and central and thumb are used. This is because there are 2 meridians here. This is a non-invasive technique.

Move each finger onto each toe prior to breaking contact with the person receiving the massage. Each toe should be held for five minutes, except if the toe (or toes) jerks involuntary. If this occurs, move on immediately to the next toe as this startle reflex action is a message from the organ saying enough energy has been received - any more stimulation will over charge the organ, inducing in the patient an uncomfortable state. Results are varied.

Beside the accepted benefit through the meridians to the organs, there can be a big difference to the tension in the patient - resulting in better sleep, less stress, and improved outlook on life.



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MERIDIANS TO TOES

1.	SPLEEN & LIVER	-	BIG TOE
2.	STOMACH	-	SECOND TOE
3.	BLADDER	-	CENTRAL TOE
4.	GALL BLADDER	-	SECOND SMALLEST TOE
5.	KIDNEYS	-	SMALLEST TOE

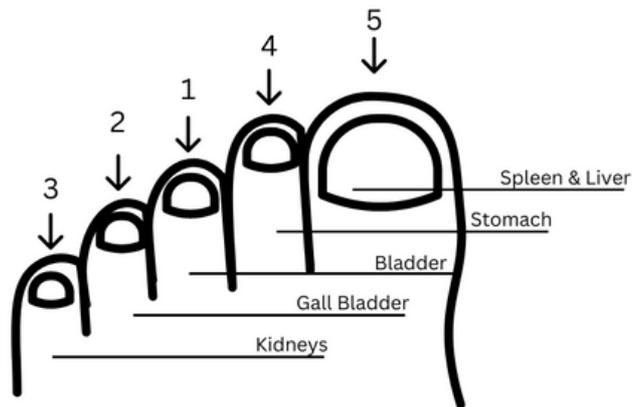
There is also a correlation of energies to the toes with the elements:-

1.	EARTH				1.	JOYLESSNESS
2.	METAL				2.	ANGER
3.	WATER				3.	FEAR
4.	WOOD				4.	GRIEF
5.	FIRE				5.	ANXIETY

Order of holding:-

1st	-	Central Toe	-	Bladder
2nd	-	Second Smallest Toe	-	Gall Bladder
3rd	-	Smallest Toe	-	Kidneys
4th	-	Second Toe	-	Stomach
5th	-	Big Toe	-	Liver & Spleen

Brazilian Toe Massage



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