

Energetic Healing - a complementary solution

What is Energetic Healing?

Energy fields surround your body and are able to send and receive energy. In fact, all living things have energy fields.

A **chakra** is an energy or sensory centre that exists within your "hidden" energy field called the *subtle body*. They are like information centres which take information in and, when functioning correctly, let information out.

Meridians are best known in traditional Chinese medicine methods such as acupuncture. Meridians are named after the important organs in your body. They convey information about each organ's needs and a full view of your physical, emotional, mental, and spiritual health.

These main energetic pathways, connected together, bring balance and harmony to a person's life. When these pathways and their connections become blocked, clogged or dysfunctional in some way, then disharmony occurs which may result in physical, mental, emotional or spiritual unwellness.

There are many, many different types of Energetic Healing practiced across the world and within cultures – yet all of them have in common the restoration of health and wellbeing through helping the body, the mind and the emotions to activate self-healing and empowerment.

Energetic Healing is a way to unravel confusions in the subtle body by using Universal life force energy conducted through the hands to restore health and vitality.

How can it help me?

Energetic Healing is a complement to other forms of healing, including medical healing with your GP. Some of the things that Energetic Healing is helpful for include:

- Chronic problems such as heart disease or diabetes
- Weight loss
- Troubled relationships
- Spiritual purpose
- Money problems
- Emotional health and wellbeing

It can help you to make the important, and often long-postponed, changes needed in your life.

Energetic Healing works on the mind-body and subtle body level of healing which can help you to recover from illness and make lasting life changes.

Why would I consult an Energetic Healer?

Energetic Healers support you to tap into your body's innate wisdom – wisdom that we are all born with – to understand how your mind-body connection, that is, how your thoughts, patterns, habits, life experiences contribute to your situation today.

It is the combination of mind-body exploration and working with the body's subtle energy systems that can restore health and vitality.

Energetic Healing helps you to see deeper into physical, mental, emotional, spiritual issues and works on clearing these connections so healing can occur.

What will it feel like?

Your experience is unique to you. Clients have reported that they feel warmth, tingling, vibrations, overwhelming love, images, words arising, a sense of profound peace, deep relaxation, energised and more.

During your session you remain fully clothed as the practitioner places her hands upon your body or slightly above it.

When will I feel better?

When you go to an exercise or yoga class you know it might take a few sessions for you to start to feel different. Whilst some people feel a difference straight away, usually it's over days after a session that you start to notice that things are a little different.

So while it's up to you, usually clients book a few regular sessions so that they can work consistently on the issue and track changes and results.

Bookings with Julia: 0417 411 465