



# Aspects of the Human Energy Field and the Healing Process

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**H**uman beings are composed of an interconnected system of physiology, psychology, and vibrational energy fields that are constantly interacting with each other. Observable dysfunction often takes place in the physical body as a result of disharmony in other parts of this interconnected system. This is evidenced by the results obtained by Reiki practitioners in successfully treating physical illness and other conditions.

In this article we'll discuss the functional aspects of the human energy field and how Reiki can be used to heal the cause. We've also included a number of techniques for working with various problems in the human energy field and another technique that can be used to guide you to the cause of a specific condition and allow you to successfully treat it. Finally a technique is included to attract an enlightened being to be your personal healing guide.

The human energy field is a multilayered system of interconnected spiritual energies that govern the structure and function of the entire human organism. This is a top-down system in which the subtle aspects of our being govern the quality of our health, including the health of the physical body. The successful healings that have taken place through the use of Reiki, which interacts solely with the human energy field, are a good indication of the soundness of this idea.

The concept of the interconnectedness of the human energy system became popular in recent times with the idea that integration of the individual parts of the being results in a Gestalt, or totality, that exceeds the sum total of all individual parts of the individual. It was derived from philosophy that developed into a branch of psychological treatment known as Gestalt Therapy, that originating in the 1950's partly in response to the over-intellectualization of the Freudian movement. It has its basis in existential roots and its primary concern is wholeness, responsibility

and self-awareness arising from the recognition that the self exists within a social /environmental/spiritual level of existence in the universe. Built upon this framework, Transactional Analysis arose from three interlocking aspects of the self (the child, the adult and the parent) which if not working in balance with each other, cause the system to develop unhealthy or co-dependent ways of interacting with the world.

These therapies emphasized interlocking cognitive and energetic aspects of the individual that acknowledged the significance of the mind-body connection. Perhaps for the first time there was an explicit set of techniques that were more bio-energetically rather than verbal/mind focused that used the expression of symptoms arising from the physical body as a way to indicate the presence of emotional and spiritual pain that was causing mental and also physical illness.

The following are a few examples of this understanding being put to use:

A brilliant physicist in his twenties was crippled with arthritis in his legs and had to use two canes to get around. At times he was bedridden. As he began working with a colleague on research into the Kirlian aura, he noticed that his body became more mobile and he experienced less pain. Interested in this, he pursued the study of vibrational healing through Reichian orgone-box therapy. He found that he had concealed anger toward his parents that was consuming him but that he could not outwardly express due to his sense of duty toward them as an only child. He used various physical methods such as Rolfing and then discovered bioenergetic therapy, based on principles of vibrational and spiritual elements used in healing psychic wounds. He was able to walk on his own and experienced much less pain after two years of treatment. This was in the 1970s, before Reiki was widely available in the US.

In contrast, a client came with an almost identical situation (crippling arthritis in her hands) for Reiki treatment, and after one aura-clearing session had no pain, and within two weeks was no longer having any trouble with mobility. Interestingly, the psychic component did emerge in the Reiki session as concealed anger toward her mother who had treated her meanly throughout her lifetime but for whom she was the constant and patient primary caregiver. She, like the physicist, could not acknowledge the emotional source of the physical symptom. Had the practitioner listened only to the physical symptom and treated only the hands, the true cause (located in the solar plexus and the ascending heart chakras) would not have been healed.

A student had trouble breathing through his nose and in fact had three physical surgeries to open the passageway of his nose without success. After receiving a Reiki aura-clearing treatment he was able to breathe better, and the next day his nasal passageways were open even more.

Another client in her 40's, sexually abused as a child, had been constipated since childhood. She received an aura clearing treatment, her constipation cleared up and a year later the condition had not returned.

Psychic conflict weakens the energy field, which in turn can have a negative affect on the immune system and other aspects of the physiology. This can operate prenatally and leave residue in the energy field that continues long after birth. As an example, an unwed mother who waited for seven months to see if the father of the child would marry her was full of anxiety, grief, and uncertainty over the outcome. Despite her attempts to eat and be happy about her pregnancy, she was thin and upset the entire time, until finally at seven months the father came forward and married her. The baby had trouble gaining weight, cried all the time, and had issues later in childhood concerning unhealthy attachment with the father, needing his constant attention. As an adult there were constant immune system problems. By treating the energy field with Reiki, which was sent to the trauma that had been created prenatally, the origin of the problem was healed and the symptoms cleared up.

These are examples of the cause of an illness existing somewhere other than in the physical body. If the cause had been physical, then the only treatment that would have been successful would have been surgery, drugs, or physical manipulation such as massage or chiropractic. In fact, every successful Reiki treatment provides strong evidence that the condition or illness treated had its origin not in the physical body but in the human energy field.

In cases where illnesses or conditions appear to be caused directly by physical conditions, such as poisoning, broken bones,

or other physical injuries, the healing process is enhanced by stimulating the human energy field with Reiki, which in turn stabilizes the physical body, helping it return to a normal healthy state more quickly.

As an example, a man with Reiki training was carrying a box and slipped on the unseen edge of a walkway and fell, severely twisting his ankle. The pain was great, but he immediately applied Reiki and the pain quickly subsided. Within ten minutes he was able to walk normally. The pain returned a while later and again he applied Reiki and the ankle was completely healed with no pain or weakness thereafter.

### Finding the Best Place to Treat a Symptom

Another important observation is that while the best place to use Reiki to treat a physical symptom is sometimes over the area where the symptom exists, this isn't always the case. The location of the cause is not necessarily where the symptom emerges. As mentioned previously, the human energy system is interconnected, and a cause that exists on a higher level within the system will often emerge as a symptom at a lower level and in another location. And while Reiki will often travel to different locations other than where the hands are placed, this feature cannot be depended on to provide the best results.

Often Reiki works best when the hands are placed in specific locations that make use of the unique variations in the client's energy field. Sometimes parts of the energy field are closed off to receiving help while others are more open to it. In other cases, a more direct energetic pathway may exist from the symptom to another part of the energy field that is not near the symptom. In these cases, it is best to use an intuitive system of guidance in knowing where to place one's hands.

There are a number of techniques that can be used to locate the best place to treat a specific condition with Reiki. These include Byōsen scanning and Reiji Ho. When using these techniques to find the location to treat, use the beginning prayer to ask specifically where the best place is to treat the symptom the client is concerned about.

It's also possible to simply say a short prayer asking Reiki to guide you. However, one must trust in and follow what one receives if this is to work. Often at first there is reluctance to believe information coming to the practitioner from Reiki, but because Reiki has its own intelligence, it can provide guidance in terms of where to place the hands to treat a specific condition, and which symbols or techniques to use. Directions may come in the form of clairvoyance, clairaudience, clairsentience, etc. Sometimes practitioners will see auras in the form of colors or shapes around the individual's body and receive

impressions from them. At other times there will simply be a sense of knowing as the practitioner's aura interacts with the client's aura. Regardless of the way of knowing, the intuitive aspect of treatment allowed for through Reiki is undeniable when it is trusted.

Trust allows the practitioner to channel the creative forces of universal wisdom that provide guidance in knowing where to treat the cause. Treatment at an intuitive level combined with the use of Reiki symbols and techniques makes possible deep and profound healing. This guidance can often seem completely illogical, but you'll be surprised how successful you'll be when you trust in the information you receive when using intuitive techniques.

Here are a few examples:

A woman with pain in her hips came for a treatment. At first the hips were treated, but with little affect. Next the practitioner used his intuition, asking to be shown the best place to treat the hips. He was guided to treat the knees, and when this was done, the pain in the hips subsided.

Another client came with a sick and congested feeling in the liver and with an overall sluggish feeling and lack of energy. At first the liver was treated, but this didn't seem to help much. Then after asking for guidance, the back of the heart was treated and the liver began to feel better. Over the course of several treatments, the congested feeling in the liver cleared up, feelings of anger and sadness rose to the surface and released, and the client's energy level returned to normal.

Another client came with a pain in his lower back that he said came from lifting a box at work. A scanning revealed that the cause wasn't in the lower back but in the upper back and neck. As this area was treated, the client recalled a recent experience of being invalidated and emotionally feeling like someone was hitting him on the head. After the treatment was complete, the client said the pain in his lower back cleared up and the area felt much stronger.

## Karmic Healing

Sometimes the cause of a condition or illness lies in events that have happened in this life, but in other cases, the cause comes from previous lifetimes. This is often called karma and, when understood, can be effectively treated by Reiki also.

Karma alludes to the concept that past actions result in present or future consequences. This takes place on a multidimensional level in a way that creates a magnetic attraction in the human energy field that in turn shapes one's destiny and causes events to take place that reflect the nature of the actions that originally created the karma. If karma is the cause of illness, and

the person is unaware of the originating events that took place in a past life, which is often the case, it will be difficult for him or her to locate the source of the illness on a conscious level. If nothing is done to heal the situation, psychological or physical illness could develop or remain unhealed.

When a person is born and takes his or her first breath, the soul connects to the physical body in a more permanent way and begins having an influence on one's health. Within the auric field of the soul reside seed-like structures that are records and contain vibrations of past actions taken by the ego. These are usually the result of giving something to or taking something away from others or from the universe. Whenever the ego takes action, an imbalance is created that must be rectified at some point in the future. Often feelings are associated with these actions that at first are mostly dormant and remain within the seed-like structures.

But as a person lives his or her life, the feelings and karmic energies are stimulated and awakened. They began shaping one's destiny and attracting the conditions needed to balance the karma they contain. If the karma is based on good actions, in which one helped others, then they act like good luck and attract positive experiences. However, if the actions were originally selfish and harmful to others, then they will attract difficulty and misfortune. These events feed the seeds and a root begins to grow from the seed.

If the karma isn't balanced, the root will eventually grow down through the aura and grow into one or more of the chakras, either enhancing or detracting from their function. In the case of negative karma, once the roots grow through the chakra(s) and into the physical body, illness can develop.

The popular method for curing karmic difficulties is to accept one's misfortune with grace and continue to have positive regard toward others, even toward those who harm you. This is helpful, yet it is difficult to do. Unless one is deeply dedicated to an effective spiritual system of conduct, it is likely that most people will feel resentment toward those who harm them and will want to get even. If this is done, then the karma will continue and could even become worse as one's previous karma will not be balanced and the new harmful actions will create additional misfortune in one's future. While this system of karmic healing can work, it is very difficult to carry out successfully.

However, one of the laws of the universe is that there is always a higher way. A higher way makes use of a Higher Power and will allow one to heal with a greater possibility of success and to do so more quickly. Reiki is such a Higher Power, and it can be used to heal karma.

Reiki connects one to the grace of the Higher Power. In this way, your karma can be balanced for you. The Higher Power loves you completely. It understands the difficulty each of us has with our karma and is waiting for us to ask for its help.

### Learning the Lesson

The purpose of karma is for us to learn the lesson the karma has to offer. Once the lesson is learned, there is no longer a need for the karma. Reiki comes from an unlimited supply and has more than enough energy to balance your karma and to help you learn the lesson.

Usually a karmic situation involves a person experiencing the same kind of difficulty over and over and the person finding it difficult not to have the same kind of negative response each time. These situations can become increasingly more difficult. When a person comes for a session involving a karmic situation like this, they are often desperate. During the Reiki session the client will often have a vision or an unusual kind of daydream in which they sometimes see themselves in this lifetime, but often in a past life in which the same kind of situation is occurring which they have been experiencing. However, in the vision, rather than them responding in the way they have in the past, with fear and resentment and with thoughts or actions intending to harm the other person, a new energy is present that helps them have a different and healthy attitude. Because of this new energy, in the vision they are able to solve the problem with love and in a positive way free of any tension or negative feelings.

Because this is taking place as part of a healing, the experience will have a lasting effect. New neurological pathways will be created. The person will no longer attract the negative events they were attracting in the past and will have an entirely new and healthy outlook about them. The karma will have been balanced and the lesson learned.

### Karmic Healing Technique

One client who came to a Reiki session was a painter. She complained that while she knew she had talent, and a real desire to be successful, she always came up against a wall of frustration that she didn't understand.

Since this situation had happened over and over and had gone on for some time and had not responded to other methods, it was assumed that the problem could have a karmic component. A special karmic healing technique was used in which, during a Reiki prayer, an enlightened being was requested to be present, and the Distant symbol was used to send Reiki to the cause. The enlightened being was asked that if this was a karmic issue, to

heal the karma for the client and to help her learn the lesson. The practitioner continued to give a complete treatment with a special focus on using those hand positions and symbols that the practitioner was being guided to use.

During the session she began to feel a lot of anger and was asked to describe what was happening. She told of being on a playground as a child in this lifetime. It was a Catholic school and she was playing and having fun. Suddenly a nun came up to her and scolded her and told her that it wasn't right for her to be so happy and that God didn't want her to be happy. She had respect for the nun and this caused her to believe what she was told.

In the session she realized that her work as a painter was what she loved to do and it gave her great pleasure, but that the original concept placed by the nun led her to believe on an unconscious level that this was wrong and went against God's will. She saw that the conflict and her anger were part of her healing response. As she felt the anger and released it, a new attitude developed and she realized that the pleasure she derived from painting was healthy and that God wanted her to be a successful painter. She reported that she felt better about her work and that it was easier for her to paint.

In a later session, she indicated that some of the frustration while painting was coming up again and this time the Reiki energy took her even deeper. She saw herself in what she assumed was a past life. She was an angry middle-aged man who had a very large family and lived on a farm. His wife had died and he and the children were required to work most of the time in order to grow enough food to eat. He was afraid that if they didn't work all the time, they would starve and so, he regularly scolded the children for playing or for having fun. Over time, he became hardened in his ways and was often mean to his children, telling them that this was the way life is and no one can do anything about it.

In the session, the Reiki energy provided its healing grace and she saw the situation change. A new understanding came over the man that more work could be done if it was made into a game and if the children had fun doing their work. When this change was made, everyone seemed to have more energy and were also more creative. They become more efficient and began producing a surplus that they sold or traded. This allowed him to buy some toys for the children and he was able to get a new fishing rod.

The idea that fun and enjoyment are good and have a practical value was reinforced on a deeper level. After this session she reported that her frustration was gone and that she was becoming the successful painter she had always dreamed she could be.

## Releasing Spirit Attachments

Spirits can also be the cause of illness and distress. Spirits are often attracted to, or become trapped in, the human energy field and can have a disharmonious effect on the healthy flow of life energy. The presence of spirits can be determined when the symptoms remain or reoccur despite Reiki treatment and positive orientation of the affected individual. The practitioner or client can at times also sense the presence of spirits intuitively.

Spirits, especially Ancestral Spirits, often believe they are helping the individual to take a particular path, and if this conflicts with the true purpose of the individual's life, intra-psychic conflict can promote dis-ease and cause symptoms to appear in a location that can be crippling due to the constant mismatch of energies involved. The belief that they are helping makes it difficult to uncover this cause.

At other times, the spirit may trick parts of the person's inner consciousness into thinking that they are there to help when in fact they have a selfish and negative purpose. This could be to take energy or to prevent one from achieving his or her spiritual purpose.

## Spirit Release Technique

If you suspect a spirit may be the cause of a health issue, here is a safe and effective technique you can use to release the spirit(s). First say a prayer calling on an enlightened being to help. Ask the enlightened being to surround you with light and say a prayer asking that your ego be placed to the side so that only Reiki energy and the help of the enlightened being will take part in the process. Then use the Distant symbol to send Reiki to the spirit. The Distant symbol will act like a homing device and send Reiki directly to the spirit even if you don't know where it is. Send Reiki for five minutes or more and when you feel ready, ask the enlightened being to take the spirit up into the light. Continue to send Reiki for another ten minutes or so and then ask that any cords or negative residue also be removed by the enlightened being. Continue to send Reiki for another ten minutes or until you feel the process is complete. Give thanks to the Higher Power and to the enlightened being for the help that was received. One session can be effective, but in some cases where more than one spirit is involved, you may need additional sessions.

A young man had been having trouble dating. While he had been successful in the past, in the last year or so all he had was trouble. Either women weren't interested in him, which was unusual because he was good looking, or those he did get dates with didn't work out. Sometimes they'd call before the date to cancel, or the energy during the date didn't seem to go anywhere.

He had looked at his behavior, which according to him seemed the same as when he had been successful, and wasn't able to figure out what was happening. It seemed like he was just having a lot of bad luck. In addition, during the same period of time he had been experiencing digestive problems.

An unexpected change like this often indicates that a spirit may be involved, so the practitioner made use of the spirit-release technique and called in an enlightened being to help. During the session, both the client and the practitioner received intuitive impressions.

An ancestral spirit who had come from a puritanical-like background and felt that God was guiding his values had been watching over the family. The spirit felt that the young man was having too much fun and that he should have been married by now. To assist him in not getting in trouble, the spirit had been making it difficult for him to date. The spirit felt that this would inspire the young man to change his dating priorities and start looking for a permanent partner. The spirit was able to manipulate the energy of the young man and of his possible dates and was responsible for creating most of the problems he had been experiencing. The spirit had lodged itself behind the heart chakra, but was using some of the client's stomach energy to carry out its work.

The enlightened being connected with the ancestral spirit and sent it love, which helped create a rapport. Then the enlightened being called in Jesus to talk with the spirit. Jesus explained that the spirit was violating the client's free will and in addition, what the spirit was doing wasn't part of God's plan for the young man and that rather than helping, it was actually causing harm. The spirit, being from a Christian background, trusted Jesus and accepted what he said and agreed to stop what it had been doing. Jesus also offered to take the spirit into a higher dimension where it would be able to commune with God more directly. The spirit agreed and was taken up into the light with Jesus.

Toward the end of the session the client reported feeling a kind of pop and then a release from behind his heart and in his stomach. After this his romantic life returned to normal and the problems with digestion cleared up.

## Working with Enlightened Beings

One of the greatest advantages a healer can have is the close association with an enlightened spiritual being. Enlightened beings are completely trustworthy and are also usually highly skilled healers. They can provide tremendous help in your Reiki sessions as well as help you develop new skills as a healer and guide you on your spiritual path.


## Attracting an Enlightened Being

Here is a technique that will help you develop a working relationship with an enlightened being. First, it's important to decide on which enlightened being you'd like to work with. Reading some of the literature about enlightened beings can help you decide. Some of them are Jesus, Mother Mary, Moses, Muhammad, Krishna, Buddha, and the Archangels Michael, Gabriel, Raphael, and Uriel. There are many others. In addition, you could choose to work directly with God or the Holy Spirit. Saying a prayer asking that you'll be guided to the enlightened being that is right for you can also be helpful in deciding.

Remember this is not necessarily a religious process, and it will not be necessary for you to become a follower of any of the religions that have been developed around any of these beings. However, it is very spiritual and will give you a direct connection to spiritual guidance and make much deeper levels of healing possible for you and those you treat.

Once you have one in mind, you'll need to begin a daily meditation to develop and strengthen your connection. Sit in a relaxed way and say a prayer asking that God and/or the Higher Power will help and guide you in this process. Then draw the

Distant symbol and state the enlightened being's name you'd like to work with and begin sending distant Reiki to the being. You could also place the being's name on a piece of paper or card or you might get a picture of the being and use this to send distant Reiki to them. As you do this, say a prayer to the being asking that they be your personal healing guide and help you when you give treatments. Also ask them to help you heal and to guide you on your spiritual path. Ask that your connection to them become stronger and stronger and stronger. It's important to set aside at least fifteen to twenty minutes to do this every day. I cannot overemphasize the value you will derive from this process, so it's important for you to make a commitment to do this meditation every day.

Understanding the human energy field and using Reiki to work with it will make you a better healer at the same time it quickens your own healing process. May your progress as a healer be guided by love and spiritual purpose and may you always walk in the light. 

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