

On Energetic Healing

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In a previous article, I suggest energy healing as a modality that can help you awaken. Here is a discussion about that process.

People often ask, “What is energy healing”? It goes by many names: healing touch, Reiki, therapeutic touch, and others. All these forms work on a subtle level that address the energy body, sometimes referred to as the astral body or the aura. Some of these approaches have structure with specific hand movements, words and visualizations; others are formless.

My own approach to healing is rather formless and based upon intuition, although I have studied all the various types of energy healing modalities. First, you must realize that the energy field surrounding the human body holds all information about an individual: thoughts, emotions, memories and physical conditions are all reflected in this field. The energy field is like a blueprint and once the field is changed, it affects the grosser level of manifestation. So, with regards to healing, if the energy changes, then the corresponding level of expression will also be affected.

My own experience with the “field” is that it can be perceived through all intuitive senses: sight, sound, touch, and smell. This world of subtle energy was revealed to me as part of my spiritual awakening back in the late 1970’s. I was able to sense these fields as I became more silent within. As my inner chaos dissolved into silence, then I was able to perceive more of the subtle realms. My ability to affect these fields also became more pronounced as my own presence became more stabilized in Spirit.

The gift of spiritual development is that separations begin to dissolve and unity begins to emerge. The split between mind and body diminishes. The gap between thought and energy dissolves. The result is that one’s state of being becomes a unified field in which “presence” has a tangible affect on inner and outer realities. One’s state of being becomes expressed not only through words and deeds, but also by the very sense of one’s existence.

One's energy is a direct expression of one's state: Being is presence, presence is enhanced by awareness, and communion with Spirit expands awareness. The ultimate reality, then, is that one's ability to heal is largely determined by one's ability to commune with Spirit. Who you are is more important than what you know, what you say, or what you do. Your state of Being, the quality of your Presence, is the determining factor in your ability to "Be in the State of Healing."

As my own development proceeded and I was able to find more peace within, I found a deeper resonance with all "that" which surrounded me. I merely had to "Be" and I could feel, see, hear, and perceive what was in another. In the inner silence, the surrounding experience stood out in bold relief.

I believe that Spirit knows what needs to happen and it is through God's Grace that all healing occurs. I believe that God created the Universe and in that process gave us free will. It has been my experience that when we ask for God's help and open to that reality, then the magic begins. Energetic forces are activated which align us with wholeness... holiness. Through the power of this divine magnetism, which we have invoked, we receive all that we need, not always what we want, but definitely what we need.

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