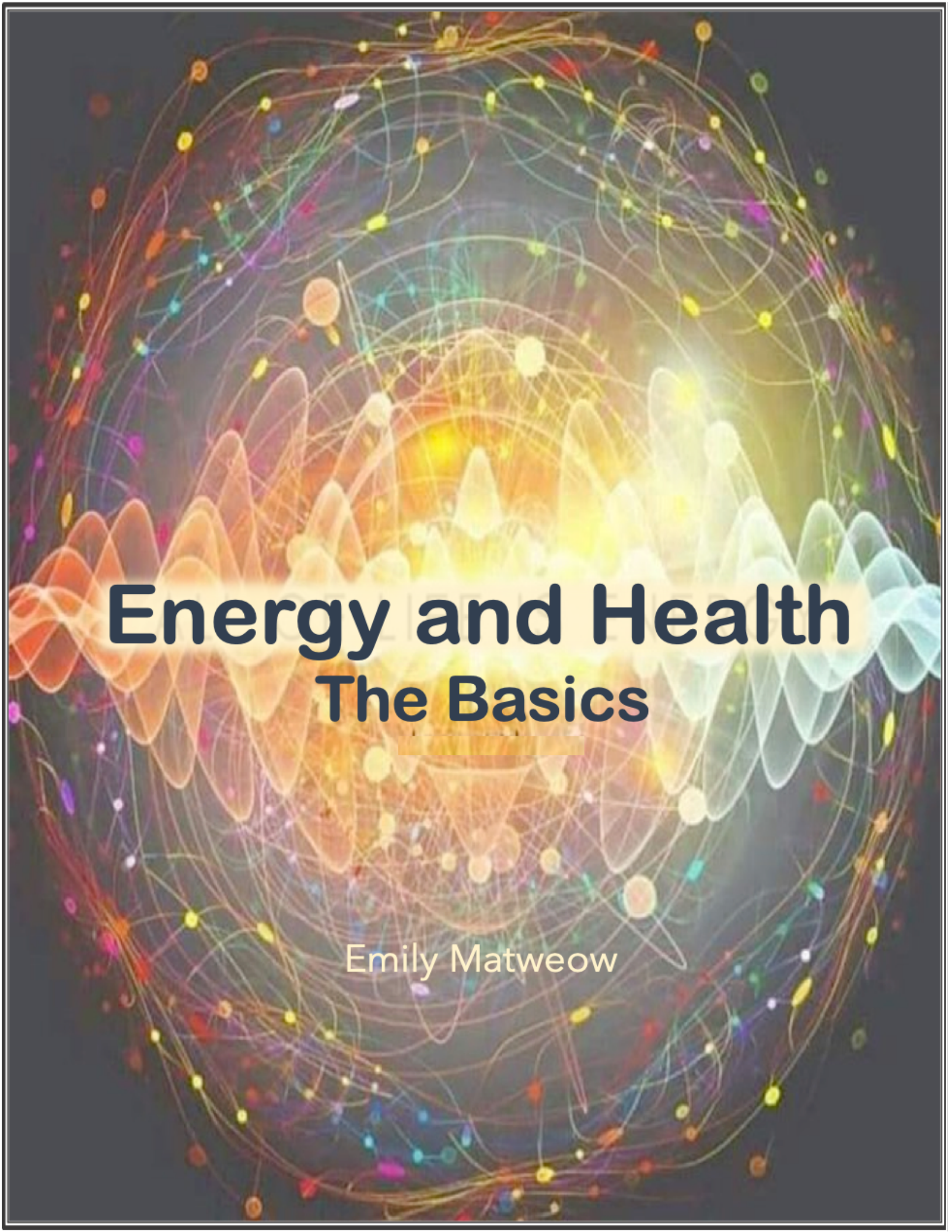


The background of the cover is a complex, abstract visualization. It features a central, bright yellow and orange core that radiates outwards. Overlaid on this are numerous thin, colorful lines (red, blue, green, purple, yellow) that form a dense, web-like structure, resembling particle tracks or energy pathways. In the foreground, there are large, translucent, overlapping shapes that look like stylized energy waves or petals, transitioning from orange on the left to light blue on the right. The overall effect is one of dynamic energy and interconnectedness.

Energy and Health

The Basics

Emily Matweow

ENERGY & HEALTH - The Basics

How people make sense of their world, directly determines what they do in that world.
~ Unknown Arthur

History

Traditional Chinese medicine was first documented in 100 BC, but was known to exist even earlier. Chinese doctors viewed the body as an “energy system”. Their science of life therefore became the study of how energy flows in the body. When there was no energy flowing, they said that the body was dead.

When the energy flow became blocked or imbalanced, specific sorts of physical or emotional conditions appeared (which Western doctors call “symptoms” or “diseases”). In such a situation, Chinese doctors performed an energy intervention aimed at removing the blockages to proper energy flow and/or balancing one’s energy flow. To do this, they often inserted small needles at certain energy flow points. The needles provided either negatively charged, or positively charged, energy (yin or yang energy) to that point. In addition, the physician often prescribed specific herbs or foods to be ingested, based upon their yin or yang nature, to further balance the energies. When successful, the physical and/or emotional ailments (the original signs of imbalance) disappeared. The patient was said to be “healed”.

As the Chinese philosophy of medicine spread throughout Asia, its applications became modified by the cultures it came in contact with. For example, in Japan, the Chinese energy flow points in some cases were massaged by hand instead of inserting needles (called “shiatsu”).

Through the ages many different forms of energy healing have evolved.

The path less travelled can make all the difference. ~ Emily Matweow

Energy Healers in North America

Modern day energy healers come from a wide range of disciplines, utilizing many healing modalities. Traditional Western medicine politely refers to these 'maverick' approaches to healing as complimentary medicine, thereby conferring a vague plausibility to both the modality and the practitioner.

In all fairness, Western medicine's approach to studying the science of life by dissecting cadavers (dead bodies - no energy flowing) makes them great "mechanics". However, it has made it impossible for them to see the same flow of life energy that Chinese medicine is based upon, making western doctors poor "electricians".

Frustration and disappointment can occur if one goes to a mechanic to solve an electrical problem, or goes to an electrician to solve a mechanical problem.

Can we expect a traditional western doctor (mechanic) to refer a patient to an energy worker (electrician)? Maybe, but highly unlikely, simply because mechanics have not been trained to recognize conditions that are best treated by an energy intervention. Will an energy worker refer a client to a mechanic? Probably, only because they know the limits of what their specific energy modality can accomplish. They also know what mechanics are capable of.

Frustration and disappointment can occur if one goes to a mechanic to solve an electrical problem, or goes to an electrician to solve a mechanical problem.

In such an environment, it would be most beneficial for individuals to take more "personal responsibility" for their own health and well-being. Just like eating a clean diet and getting regular exercise is necessary to maintain the physical body, it is equally important to have a regular program to maintain the health of one's energy body.

How the Energy Body Impacts Physical Body Health

There are several aspects to our energy bodies. You may have heard about our body's "aura", "cellular vibration" frequencies, astral body, "mind" or "consciousness", "soul", etc. It takes varying amounts of skill to interact with the different aspects of our energy body. The simplest of these various aspects of our energy bodies to work with that has the most immediate impact on the physical body is the seven "chakras". These seven energy centers are arranged vertically in the middle of our body, starting with the tailbone area and proceeding upwards to the top of the head. Each chakra

Vibrates at their own frequency, generating a unique color – red (at the bottom), orange, yellow, green, blue, indigo, and violet (at the top).

When the vibration frequency of a particular chakra slips from the range it is to normally operate in, dysfunction and dis-ease appear. Imagine the chakra as a light bulb being on a dimmer switch. As the energy lessens, the light bulb shines less brightly. Those physical body areas related to the dimming chakra energy start to “dim” as well. We use the word “degeneration”. Another word we use for the same phenomenon is “aging”.

When we turn up the energy on a dimmed chakra light bulb, then more light shines on those parts of the body that previously were deprived of that energy. Whatever degeneration was underway, now stops and goes back to normal (i.e. reverses the degeneration process). You could call it “anti-aging”, which could also mean slowing down the rate of aging). Or you could call it “rejuvenation”, which means there is an apparent reversal of the look of aging because the area is being “repaired” or “restored” to how it was before the chakra energy was dimmed.

Chakra frequencies can be slowed-down or sped-up. The chakra’s otherwise smoothly cycling energy could become disrupted and start wobbling on its axis. Whatever the source of the disruption, the result is always the same – a degeneration of our physical body manifesting as pre-mature, age-related ailments.

*The ultimate authority must always rest with the individual's
own reason and critical analysis. ~ Dalai Lama*

Summary

We Have a Physical Body and an Energy Body

The physical and the energy body overlap each other.

When the physical body doesn't have any energy in it, we say it is "dead".

It is the "energy" that makes the bag of skin and bones get up and walk around.

When the "energy" body gets sick, it often shows up as "ailments" in the physical body.

Physical Body Healers

The traditional approach has been to fix ailments of the physical body using "the knife" and "drugs" as the primary types of intervention. Physical body healers almost always need the physical body present to do their diagnostics and healing interventions.

Doctors aren't trained to recognize energy body ailments or treat them; they have to wait until the energy body problem starts affecting the physical body (e.g. stress causes high blood pressure and heart problems that are then treated with drugs; anxiety/fear causes digestion/ulcer problems that are treated with drugs etc.).

The question isn't who is going to let me, it's who is going to stop me.
~ Ayn Rand

Energy Body Healers

Many physical body ailments can also be dealt with on the energy level that caused them - sometimes even before the physical body starts breaking down. Energy body ailments are things that can't be "touched" in reality, but we know they exist and are real. For example, our "emotions" can't be touched, but they are very real.

Energy healers are trained to identify problems (imbalances) with our energy bodies and can deal with the energy body problems in different ways. Some energy healing professionals need to have the physical body present to do their work. For example, an acupuncturist will stick pins into various energy flow points in the physical body to "adjust the flow" and put it back into balance.

Other types of energy body healers can analyze energy body problems and perform interventions without having to be in the presence of the physical body. That's because your energy body is not jailed inside your physical body - it extends outside of it. For example, while a campfire has a physical location, the heat it puts out (its energy) can still be felt some distance away from the fire itself. Heat sensing machines can identify the campfire heat from long distances and even through buildings (like we see on TV when special 'goggles' see people in a distant building). Some energy healers are like very sensitive heat measuring machines and can actually detect an individual person's energy from a long distance and through physical matter.

In the same way that many radio stations transmit their signals at the same time, your radio can tune-in to one of those stations so you hear only "country music". Every person is an "original", a one-and-only. They each have a unique energy signature that some energy healers, when they focus, can detect and separate from all the other noise. Just like a radio. That's how they can do their work on a person's energy body without having to be in the presence of that person's physical body.

What Only You Can Be Responsible For

Energy from outside the body (e.g. cell phone related microwaves, florescent lights, nearby hydro lines, toxic people, perceptions and beliefs etc.) bombard the body and disrupt normal energy flows. While it is true that "the body was designed to heal itself", an increasingly toxic modern environment puts greater demands upon us to release our inherited limitations and strengthen and better maintain our body's energy systems than ever before.

