

All Can Heal

by

Zabe Barnes

Did you ever wish for a way to smooth out life's rough edges? Energy healing can do just that. I believe that we all have the ability to heal, no matter what ails us. Healing is an active process that requires focus and attention from the practitioner as well as from the client. I encourage people to be empowered by becoming fully involved in their healing process. As a healer, I support clients as a facilitator of physical, emotional, mental, and spiritual healing by pulling through large amounts of energy through my body to theirs. I am just the conduit; their job is to soak up as much of this energy as possible and to integrate it fully and completely so that healing may occur.

Everything in the universe is made up of energy. The physical body is made up of cells, atoms, and subatomic particles which are held together by an etheric energy field. This field keeps the atoms and particles from flying apart; it also contains the energies of thoughts, beliefs, fears, hopes, and dreams.

Kirlian photography can capture this energy field on film. We can clearly see that each person has a unique energy around their physical body. This energy is referred to as the aura; it reflects one's personality and the effects of their life circumstances. The color and shape of the aura varies from person to person and from moment to moment, depending on what is happening in their life at the time. People who study auras have discovered that irregularities occur in the aura up to two years before a disorder or disease is evident in the physical body.

When our energy field is strong and aligned, we feel good; when it is weak and misconfigured, we become tired and even sick. As we get knocked around by the events in our lives, our energy bodies are affected. Over time, the effects can manifest as disease in the physical body.

The good news is that the energy body can be smoothed out and strengthened. A trained energy worker can direct healing energy through his/her hands and body to your body. We can also empower ourselves with hands-on self-healing techniques. Typical benefits from energy work are:

Improved Mental Clarity

Increased Energy Level

Relief from Physical Pain

Clearing of Addictions

Identification of Core Issues

Greater Emotional Stability

Peace of Mind

Light-Heartedness

Letting Go of Anger, Grief, Guilt, Shame, Blame, and/or Fear

Spiritual Awakening

Healing the Energies of Dis-ease

Connecting with your Life Purpose

Our minds and our emotions are more powerful than we realize. Thought patterns and beliefs can become so ingrained in our way of being that they affect the physical body. For example, we may experience a broken heart from which we never heal and, eventually, that emotional pain may manifest in the form of heart disease. Very often a physical disorder began as an emotional pattern or mental habit. It is not enough to address the physical symptoms of the disorder. If the underlying core issue is not acknowledged and shifted, the physical disorder may return or may be replaced with a new form of dis-ease.

A well-trained energy healer will work not only on relieving a client's symptoms; she will assist the client in gaining insights into the original cause of the disease at the mental, emotional, and spiritual levels. She will then work to shift the energy of the core issue while also focusing on alleviating the symptoms.

Energy work is not intended to replace traditional forms of medical treatment. There are many effective medical treatments that do a world of good for people every day. And yet not every treatment works for every patient. Doctors and nurses are turning to energy medicine to augment the treatments they prescribe. Many hospitals around the world offer energy healing in the form of Reiki, Healing Touch, and Therapeutic Touch. This past summer I co-taught a two-week energy healing seminar with Dr. Jennifer Laing, MD. Dr. Laing is one of many doctors who recognizes where Western medicine succeeds and where it falls short. With a focus on healing her patients, Dr. Laing regularly blends healing energy with traditional allopathic medicine. To learn more about the emerging field of Energy Medicine, check out *The Living Matrix: A Film on the New Science of Healing*, available through Amazon.com.

Many people wonder if energy healing somehow goes against their religion. Jesus was a great healer and yet He never said He was the only one who could help others heal. What He said was that we could also do what He did—and greater things. Laying on of hands is an accepted practice in many spiritual traditions including Christianity. I have attended healing classes with Catholic nuns, priests, and ministers of various denominations. Their churches actually sent them to learn energy healing as a way to support their spiritual work.

I believe that we are all capable of bringing God's love and light through our hands to facilitate healing for others. Have you ever watched children on a playground? When one gets hurt, another runs over and puts his/her hand on the boo-boo to make it feel better. Instinctively these children know that they can bring healing energy through their hands to the one who is hurting. My truth is that we all can do this. Some people do it naturally; others require a bit of training and coaching to activate the flow of energy. The energy that comes through is not one's own personal energy; it is the energy of God and the "healer" is merely a conduit for that energy. When one holds in one's mind and in one's heart the intention to bring God energy through to another, powerful transformation can occur as prayers are answered.

Another question people occasionally ask is, "If the healing comes from God, then why do you charge for it?" Many people have judgments about energy healers charging for their work. What we are charging for is our time, not the energy itself. I charge for the time it took to learn to work with energy at this advanced level and I charge for the time which I am giving up to work with you. The energy itself is free and is available to all (although most people do not know how to access it). The energy itself is indeed a gift from God; the ability to pull that gift through is the result of many years of focused intention and in depth training.

And I do offer free healing to those unable to pay for a session. If you would like to receive free distance healing, go to the contact page and sign up for my email list. Write a brief note in the comments box indicating the condition to be healed. I will send healing prayers, focused energy, and spiritual blessings to you regularly to support your healing process.