

HOW DO I KNOW IF I NEED ENERGY WORK?

By Dr Linda Rayner - "The Energy MD"
www.lightshaman.info

Studying holistic and integrative medicine lead me to the realm of energy healing, and the understanding that energy flows through and around the body and supports physical and emotional health. So this question from a prospective client caught me off guard. My initial instinct was to reply that everyone needs energy work. However I realized that although it may be true, this might not be a helpful answer.

The human energy system is still for the most part not easily quantifiable by current scientific technology, so there is no "test" per se to let you know that your system is not functioning optimally. You can go to an energy healer and have them read your energy field, or to an acupuncturist who will look at your tongue and assess your pulses, or to a kinesiologist who will use your muscles' responses as a biofeedback tool to gain information, but how do you know when or if you need to go in the first place?

If your extra-senses are open and active you may get a gut feeling, a little voice in your head or an inner knowing that there is an energetic root to your issues. You may listen to friends and colleagues describe their experiences with energy work and realize that your issues are similar. But just like the first patients who were told that "invisible" bacteria were causing their symptoms, before there were microscopes that could see them, how do you trust that something you can't see may be causing you problems?



Certain things can predispose you to a disruption in your energy field:

- Physical trauma e.g. accidents, surgery, even going through the birth canal
- Losses (deaths, break ups, relocation, being fired)
- Abuse, whether physical, emotional, sexual or spiritual
- Drinking alcohol or using mind altering drugs (or even spending time with people who do, or in places where this takes place)

Other clues that an energetic disruption may be occurring:

- Feeling excessively tired (especially if it does not improve with rest),
- Feeling apathetic or unmotivated
- Feeling spacey, ungrounded, lightheaded, off-balance, uncoordinated
- Difficulty focusing, poor concentration, mental congestion
- Difficulty absorbing what you read
- Dyslexia, left/right confusion, mixing up b's & p's and b's and d's
- Excessive worry, anxiety and overwhelm, phobias
- Feeling numb or flat
- Feeling empty inside, not whole, broken, disconnected from life
- Feeling drained after being with someone, or being in a certain location
- Repeating patterns or unhealthy behaviors despite wanting to change
- Doing things that do not support your goals or not doing things that would be supportive
- Self medicating your mood with food (emotional eating), alcohol, drugs, sex, gambling
- Excessive use of sugar, caffeine, or other stimulants
- Recurrent or chronic pain, headaches
- Difficulty getting to sleep or staying asleep
- Difficulty receiving physical or emotional support, nurturing others but not yourself
- Difficulty expressing your emotions or being unable to identify them
- Crying for no obvious reason or being unable to cry
- Loss of memory for events or times in your life (with no history of head trauma)
- Physical symptoms that your practitioner cannot diagnose or that do not respond to treatment
- Feeling overly sensitive or being called too sensitive
- Weak immune system, recurrent infections
- Difficulty coping with stress or denial of stress
- Difficulty letting go of an event or negative interaction, inability to forgive people or situations
- Feeling unsafe, unsupported
- Difficulty saying no or setting limits
- Fear of change
- Being overly emotional, emotional swings, being ruled by your emotions
- Low self esteem, poor self worth, a sense of shame or guilt
- Difficulty taking a big breath (in the absence of a lung disease) or breath holding
- Difficulty communicating, not talking or talking a lot but not really saying anything
- Difficulty figuring out your life purpose or staying on your life path

Energy work may also be helpful if you want to feel more connected spiritually or if you want to develop your extra senses/intuition.

Not every type of energy healing will help with all these issues but working with someone who has a broad range of tools and is spiritually grounded will help to move you and your energy in the right direction.