

A FREE GUIDE

An Introduction to Energy Healing

BY KAMA HEALTH

WWW.KAMAHEALTH.COM.AU





WELCOME

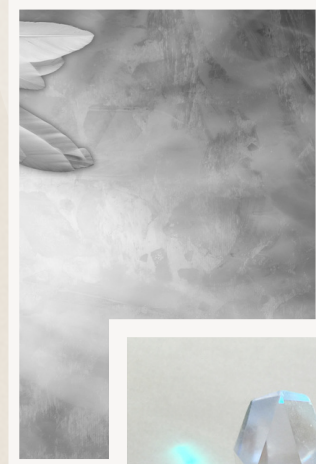
Curious about energy healing? This guide has been created to introduce you to some basic concepts, with focus on two energy healing modalities Reiki and Aura Healing. You will also discover some simple energy clearing techniques that you can start using today to enhance your health and well-being

Kama Health

www.kamahealth.com.au

Everything is Energy

Everything in this universe is composed of molecules that are vibrating at various frequencies. The molecules located within our bodies are constantly vibrating, even though we don't feel it as we are going about our day to day living. These frequencies range from low to high frequency. In energy medicine, higher frequency is correlated with good health and well-being.



Energy Medicine is based upon the premise that the human body encompasses an energetic "life force" and energy centres (chakras) that keep the body's cells healthy, functioning and alive.



The term energy healing/medicine is used to describe a variety of holistic healing techniques that harness the innate mind-body connection to promote emotional, spiritual, mental and physical wellbeing. By accessing and balancing the body's natural energy centers, energy healing processes may help support and enhance overall health.



Energy Healing

Energy healing is a holistic practice where healers channel universal life force energy (or healing energy) into their client to help balance, heal and remove blockages from the energetic body. Flow, balance, harmony and vitality within the body can be restored and maintained during a treatment.

There are many different forms of energy healing but, broadly speaking, it refers to any practice that works on the subtle flow of energy throughout the body, to help restore health and a sense of balance.

Energy healing is based on connecting the subconscious and conscious, engaging the whole person to promote health and wellbeing. Energy healing combines powerful physical, mental, and spiritual aspects to enable the body's natural healing ability.



Reiki

Reiki is a form of energy therapy that helps your body do what it knows best, and that is to HEAL!

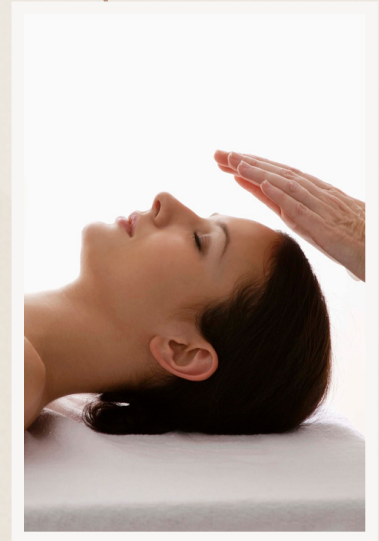
Energy flows through all of us like a river, if the flow becomes blocked due to stress, trauma or other reasons then Reiki can help restore the flow of energy.

The word Reiki (pronounced Ray-key) is Japanese which means Universal Life Force Energy -

"Rei" = Universal/Unlimited and
"ki" = the life force energy that flows through all living things.

If the life force is low, or there is a blockage of life force within the body, then we are more prone to illness or lowered resistance.

Reiki Healing does not claim to cure illnesses but is used as a complementary therapy with other mainstream therapies.



What about distant healing?

Most scientists still believe that consciousness is completely local and is confined to specific points in space and time. They think it can be found "inside the brain", but many studies have shown that consciousness is "non-local", which means it is not defined to any particular space, and therefore can also not be found within the brain. Because consciousness is "non-local" it is also not confined to time, as space and time are bound together by the laws of physics.



Distant Healing Intention Therapies or DHI may be defined as a compassionate mental act directed toward the health and wellbeing of a distant person. DHI techniques are known by many names, including intercessory prayer, spiritual healing, aura healing, energy healing, energy psychology, shamanic healing, nonlocal healing, therapeutic touch (TT), quantum-touch, qigong, reconnective healing, Johrei, and Reiki.

While science is still trying to quantify distant healing into traditional scientific parameters, cultures have been using it for thousands of years. If we have the belief that energy is not bound by time and space, then distant healing is possible.

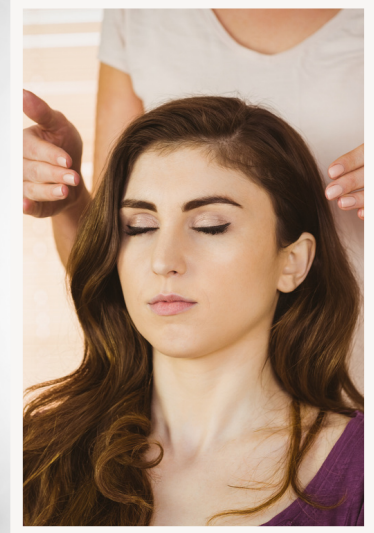
Today, the "nonlocal" connections of quantum entanglement have been convincingly demonstrated, establishing that instant physical correlations over large distances, as well as connections that transcend time, are no longer startling theoretical possibilities but empirical facts.

While this concept may seem unreal or totally "out there", there are countless people who have experienced the benefits of distant healing. We are just waiting for the science to catch up!

What to expect?

Reiki is performed while fully clothed on a comfortable, padded table. If needed due to injury or health conditions, it can occur whilst seated.

Quiet music is played in the background whilst you relax into a meditative state. It is a process of "laying on of the hands" above or lightly touching the body while channeling the vital energy. You may feel nothing specific, or some people feel warmth or a movement of energy within the body.



Benefits of Reiki

This form of energy healing is independent and offers a safe support system to complement traditional and Western medicine. Reiki can be used with other medical practices, it is designed to enhance and promote well-being and your body's healing ability.

Positive outcomes may include:

- Improved self-healing abilities
- Help promote calm in children
- Better sleep
- Deep relaxation to release stress
- Removal of energy blockages
- Reduction of pain
- Reduction of side effects as a result of drugs, surgery, and chemotherapy
- Help with appetite and nausea
- Increased vitality
- Raised vibrational frequencies throughout the body
- Improved spiritual growth and emotional cleansing.

How does Reiki work?

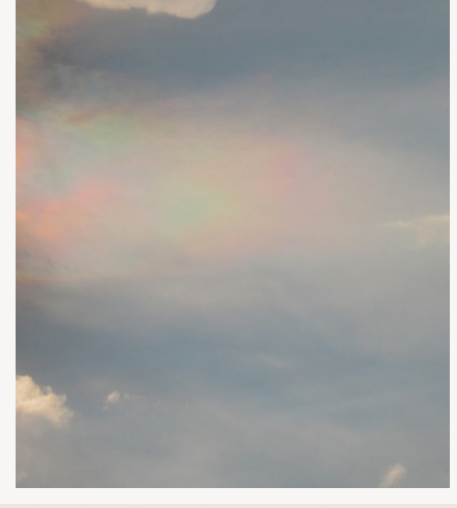
Reiki is a natural, safe and simple system of healing and spiritual development. The difference between Reiki and other healing methods is that the ability to use Reiki is passed to the student via an attunement from the teacher. (Click [HERE](#) to learn about Kama's Reiki Lineage). It's like being tuned to a radio station! When the practitioner lays hands on or above the client, the Reiki energy flows through the practitioners hands and into the client.

The person giving the Reiki treatment acts as a channel for the Reiki energy which is spiritually guided by the person receiving the treatment, to wherever the healing is required. The healing is therefore not coming from the practitioner, but rather through them.



You may feel quite light and ungrounded as soon as you get off the table. Kama allows you ample time to ease yourself off the table and have some water. Water is very helpful for grounding so is very helpful and important as soon as the healing has finished and for a few days following.

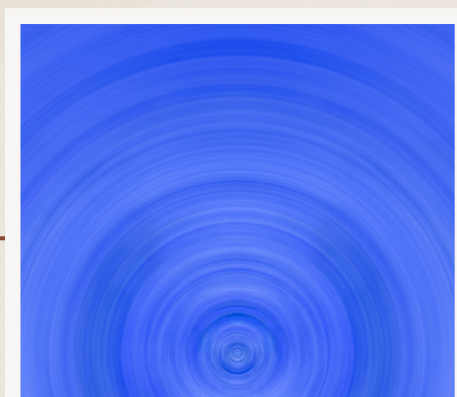
After your session, emotions can flow, you may feel tired or energised. It is important to let your practitioner know if you have any questions or concerns.



Aura Healing

Explaining the auric field can be quite complex, but in simple terms, we all have a subtle energetic auric field around our physical body that has 7 main layers. This is sometimes described as an egg shape of light surrounding the body.

These 7 layers correspond with the 7 main chakras (main energy centres of the body). Aura Healing is a vibration healing that gently works through the Aura to remove any blockages such as: negative or unwanted energy, old energy patterns, psychic attack and past life issues; all of which may be clouding a person's energy.



This type of healing is an Intuitive Based Healing and has also been called Energy Healing or Spiritual Healing.

An Aura Healing involves clearing and balancing the Aura, clearing and re-aligning the Chakras, and identifying any issues faced in one's soul journey.

Aura healing may help to:

- Build stronger energetic boundaries
- Heal from prolonged stress periods and over-exhaustion (burnout)
- Feel more balanced for a longer period of time.
- Dissolve any discomfort or pain in your body.
- Support healing around chronic issues.
- Support healing in the physical body, as well as mental.
- Increases your body's recovery rate post-surgery or after receiving major medical treatments such as chemotherapy or radiation.
- Prepare and stabilise you energetically and emotionally pre and post surgery



Quick Tips for Clearing, Grounding + Protecting Your Energy



Depending on how sensitive you are to energy, you may be easily affected by other people's energy or the energy of certain places or events. You may even identify as a Highly Sensitive Person (HSP). If you feel like a magnet for other people's negative energy, it is very important to learn some energy clearing techniques.

Everyone experiences stuck or stagnant energy. Think of how going for a walk can 'clear your head' - we need to make a conscious decision to shift these heavy/stuck energies.

If you haven't done any energy clearing before, just start simple. You can think of it like a cluttered house with a few stories and many rooms that need to be strategically cleared. Not many of us were taught how to look after our energy, so here are some simple energetic practices you can start with:





1. Use the power of plants - burn sage smudge sticks or incense, or any other medicinal plant and move the smoke around your body. It can be helpful to do it outside to allow negative energies to dissipate (or ensure a window or door is open). Using palo santo after smudging is a beautiful way to bring in good energy to your being
2. Have a bath - use Epsom salts or essential oils to cleanse your energy
3. When having a shower imagine any negative or heavy energies washing down the drain. Visualise white healing lights pouring all over your body, cleansing your energy
4. Go into nature - use the healing power of the moon, the sun, get amongst the trees, head to the beach or a body of water
5. Use meditation - utilise guided meditations for clearing, grounding and protecting your energy
6. Move your body - dance, walk, do yoga, boxing - whatever helps you to shift energy



7. Make sure you cleanse your crystals often - particularly if you wear them as jewellery
8. Get your feet in the earth - find your closest patch of grass, sand, dirt and simply connect with the earth
9. Use basic Feng Shui concepts like wind chimes or ringing bells. Using singing bowls also help to shift stagnant energy
10. If you like using visualisation as a tool, imagine any negative energies leaving your being and replacing them with a beautiful golden healing light that surrounds and protects your body.
11. Play your favourite music or music that has vibrational healing frequencies embedded in
12. Declutter and organise your physical space
13. Breathe - simply close your eyes and visualise negative energy flowing out with every exhale and breathing in positive energy
14. Crying- helps to shift energy within our body

If you are new to energy healing, please just take it slowly. Finding the support of a good practitioner will assist you to lift your vibration which positively impacts every part of your life.



NEED MORE INSIGHT & SUPPORT?
CHECK OUT:

WWW.KAMAHEALTH.COM.AU

[CLICK TO SUBSCRIBE FOR THE LATEST
UPDATES AND INSIGHTS FROM KAMA](#)



Meet Your Coach
Kama Gore

- Natural Health Coach / Consultant
- Certified Meditation Teacher
- Reiki Master / Aura Healer
- The BodyMind Method© Certified Coach
- Certified Trauma-Informed Coach
- Creator: [The Energy Evolution™ Program](#)

Working 1:1 with clients in Crafers, South Australia
and Online Australia Wide.



References + Further Reading

Distant Healing Intention Therapies: An Overview of the Scientific Evidence - PMC (nih.gov)

How does distant healing work? (drkatharina.com)

A Large-Scale Effectiveness Trial of Reiki for Physical and Psychological Health - PubMed (nih.gov)

Auras in mysticism and synaesthesia: A comparison - ScienceDirect

What Is a Highly Sensitive Person (HSP)? (verywellmind.com)

Remote Energy Healing: How It Works and What the Science Says (healthline.com)

Energy healing is complementary to conventional medicine and is not intended to replace the advice, diagnosis or treatment of a qualified medical practitioner. It is always recommended to consult with a qualified healthcare professional to receive personalised health advice.

