



VeraCity Newsletter - *the gift of awareness*

Insights - *Monthly commentary*

What is Energy Healing?



Wellness is a state of overall health, energy flow and integrity (wholeness). Everything is made of energy. Energy is information. We experience energy (information) subjectively as emotions, thoughts, and memories. We experience energy objectively through the physical body. When the body experiences an illness, pain or mental clutter, it is an energy manifestation which alerts us to an issue we are not aware of on a conscious level.

When you stop your energy from flowing, from resistance, fear, or denial you stop healing. When it stops flowing and is not acknowledged it creates physical illness. Healing means to make whole, to repair. Healing is flow – healing is energy. Healing is the act of clearing or shifting energy that limits awareness, freedom and truth. In some cases, you can be in a state of spiritual well-being even if your body is not in good health, because you are here healing something else. And you do not need to have an illness to benefit from healing.

When we hear the word healer we may think of a witchdoctor, shaman, sorceress, or witch having special powers. Each has their own method of working with energy, whether with herbs, medicine, or magic. Today there are different types of energy healers. A spiritual teacher is a healer. A doctor or therapist is considered a modern healer.

Three of the more recognized energy healing modalities include healing touch, reiki, and therapeutic touch. Each has its own technique, or system of application. We may be drawn to the more recognized modalities. But they are each different, as are some of the lesser known, to include Spirit Energy Healing. The only way you will understand the differences is through personal experience.

Energy healers work with your energy field and sometimes the physical body to assist with the healing process. Some energy healers work directly with physical ailments, while others work with spiritual, emotional and psychological imbalances. Some work with both. When we don't understand something we may experience skepticism, doubt or fear of the healer doing something to us.

A healer of integrity will always ensure you feel safe, supported and nurtured. When the healer extends his/her hands over a recipient there is not an exchange of energy from one into the other. Rather the healer is assisting the recipient with their own energy flow. If the recipient has a 'negative' reaction to the healing, it is because they are processing something in their energy field. The so called bad experience is merely an indication of something the recipient is processing. It could be as simple as not being open to energy work, not trusting the healer.

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Meditation ~ Spirit Fitness ~ Yoga ~ Massage ~ Reflexology ~ Energy Healing ~ Spiritual Reading

What is Energy Healing continued...

A healer of integrity will encourage you to do your own healing, ensuring a co-dependent relationship does not develop. When you believe you cannot do your own healing, you give your power away. It is equally important for a healer to receive a hand with the healing process, to be able to ask for help. All healing is self-healing.

Veracis Certified Energy Healers™ understand all healing is self healing – they see through the eyes of spiritual sacredness, enlightenment and truth. Using a laying on of hands, physically or non-physically, they assist you with balancing your energy flow in a safe, respectful way.

- All healing is self-healing
- Your body is a manifestation of your creation as spirit. Heal as spirit and you heal your body.
- You have the power to heal yourself and no one else can do it for you.
- You may receive assistance with your self-healing process.
- You may give someone else a hand with their self-healing process.
- You will only heal what you are ready to heal.
- How much and what you heal is unlimited. You decide. You choose.

Veracis Certified Energy Healers™ understand all healing is self healing – they see through the eyes of spiritual sacredness, enlightenment and truth. Using a laying on of hands, physically or non-physically, they assist you with balancing your energy flow in a safe, respectful way, knowing all healing is self healing. They are also qualified to read your energy field, at your request. These are ordinary people who have made a conscious commitment to stay on the sacred path of spiritual enlightenment. They are graduates of the Veracis Meditation Advanced Spiritual Development program, they have families and work in the ordinary world.

Perhaps you know one.....



*Light, Laughter and Love,
Regina Kaiser*

"Insights" is a monthly commentary by Regina Kaiser based on Veracis Meditation™ program. All information presented, as part of Veracis Wellness Inc., is intended as a reference only, not as professional medical advice or diagnosis.