

5 Types Of Energy Healing To Cure Your Ailments: Learn Which One Is Right For You

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All around the world you find various kinds of energy healing practitioners practicing a smorgasbord of disciplines. So what are the different kinds of energy healing & which one is right for you?

Unlike modern medicine, energy healing aims to release the symptoms by curing the cause of the ailment – whether that cause is physical, emotional, mental or spiritual. What's more, energy healing work can be applied to any area of your life, from health to finances to relationships to emotions;

you name it and the issue or challenge can be cleared permanently from your life.

The choice of modality is really about you and what you are comfortable with. Good practitioners will be able to help you regardless of the modality they practice – they're just more likely to be an expert navigator in their chosen field of application.

At the end of the day though, almost all roads lead to Rome, and you should be able to use most of the available modalities out there to achieve inner peace and joy in pretty much any area of your life. For the rare instances that you aren't able to find relief, the list below may give you a better idea of the type of healing help you want to seek out.

Clearings & entity removals

Shamans and medicine men are great all-round healers because they will be able to help you work on a variety of aspects and achieve noticeable relief, usually pretty quickly.

Whether you have a physical, mental, emotional or spiritual ailment, the majority of processes run by a shaman will be able to help you.

Most Shamanic work is based on the concept of helping you to reintegrate small aspects of your soul that have been hidden and protected during the shocking and traumatic experiences you've been through, as well as working directly on your "physical" energetic body.

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Most often the realm of the shaman or medicine man, clearings and entity removals can also be performed by advanced healers.

If you've been working on an aspect for a while and haven't been able to achieve a breakthrough, then there may be a

negative energy or entity attached somehow that has been interfering. You can think of entities like mini-demons that may be attached to you, to someone else, or to the energy of an area you are working on in your life.

Symptoms that could indicate an entity attack include:

- Sudden loss of energy, illness or pain
- Repeatedly being drawn back into the same cycles
- Unexplained illness
- Failure of healing work
- Chronic and persistent suicide and depression
- Persistent feelings of low self worth and negative self talk
- Very localized pain that sometimes moves location

Ways that we pick up entities include pubs, clubs, bars and restaurants, as there are a lot of negative energies hanging around those places, and the alcohol lowers your psychic defenses. Women are also advised not to wear their hair down in public, as this helps attract negative energies that cling to the hair.

Body support, illness & chronic illness

For acute and chronic illness, and general body support and maintenance, you can look at modalities like BodyTalk to support your system and help it heal naturally while getting the energies moving and flowing.

Changing your emotional state

For acute emotional states like shock and trauma, as well as long-term negative emotional states like depression, you can apply most, if not all of the types of healing modalities.

Modalities like BodyTalk, acupressure and Reiki will help you deal effectively with immediate shock and acute emotional states. A shaman should also be able to assist you with this.

The management of longer-term emotional issues like depression will benefit from life coaching, shamanic work, Resonance Repatterning to change your belief systems and energetic resonance with past influences, and long-term ongoing BodyTalk sessions to realign your energetic system and help you create a new reality.

BodyTalk sessions can also be used quite effectively by introducing statements and challenges at the beginning of the session, as you would do in Resonance Repatterning.

Changing belief systems & creating change in your life

When you get down to the nuts and bolts of it, all energy healing is about changing the belief systems you have inside you so that the universe responds differently to you and you experience a different reality that is attracted to you.

All forms of energy healing will process through your physical body in the final stages, and the final mechanisms will always be twofold inside you:

1. firstly you will have a mental/emotional realization (a thought or feeling), and
2. secondly the “shift” will release through your physical body and be expelled, either through your excretory system (urine and feces), gas (bubbling in your tummy, burping and passing gas), or tears and sweat.

If you’ve ever had an a-ha moment of insight, you’ve experienced the mental and emotional shift.

An a-ha moment is an instant where you have a different thought about something and it makes you realize that you have been seeing something wrongly, and you change your mind about it – usually immediately and in that instant. It’s also often accompanied by a thought of, “How could I ever have been that stupid?!”

In many cases, the a-ha moment of insight (mental and emotional realization) is the element you are actually looking for in a shift, because it's the element that creates conscious change inside you as a person.

Many healing modalities aim to bring you to these moments of realization by shifting through emotional, physical, spiritual and subconscious "blocks" that you have, allowing the information to come to the surface. There are however a few exceptions.

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Some healing modalities allow you to tackle beliefs and belief systems head on, triggering the energetic release of alignment by bringing the awareness to your consciousness. These modalities include:

- Resonance Repatterning which identifies errant beliefs by using kinesiology, and then programs these out of your system and while programming in a new reality.
- The Mirrors of Relationship is a powerful coaching and personal growth mechanism that offers a framework for analyzing your challenge and enables you to reach a-ha moments of insight.
- Life coaching offers you a guided support framework in which to effect change in all areas of your life, utilizing a number of different methodologies, tools and practices, depending on the areas of expertise of the coach. Coaching applications range from NeuroLinguistic Programming to Hypnotherapy, energy healing, tapping and more.

Guidance & support on your journey

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