



energised mind

The Tools You Need To Live A Life In Flow

What is the science behind Energy Healing?

Whether you're a believer in acupuncture but laugh at crystal-mania, medicines which ignored the "energy body" for a century—is now validating that we are very much a complex electromagnetic field, immersed in other complex environmental, electromagnetic fields. More and more scientific researchers (whether from Harvard or NASA) rapidly discovering that the body is indeed a complex biofield of electromagnetic frequencies and light waves that serve as "control central" for our physical and mental functioning. Scientists are also uncovering the ways that the entire world is electrodynamic: We're surrounded by both natural—and increasingly man-made— frequencies that constantly change human cells. Everything is energy. Everything is in flow around us and we are in constant exchange with these fields, sending information and taking information in.

Why Energy Healing?

Energy Healing promotes Energetic Flow. Energetic flow is an optimal state of human experience and performance in which people are aware of their bodies and surroundings and able to fully immerse themselves in whatever they are doing. Flow can be described as a positive, energised focus—a feeling of presence, creativity and enjoyment with an absence of anxiety or pain. An Energetic Flow state enables us to make the most of our bodies and minds, and we are most powerful when our energy is flowing freely through our entire system, unbound and unblocked.



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How does Energy get blocked?

Energy doesn't actually get "blocked" in the body, it actually gets redirected and stored in various body tissues. When we can't stay in-flow with the changing world within and around us and we go into fight-or-flight, our muscles, ligaments, bones, nerve tissue, fascia and even organs can store energy. Tension is really just bound up energy that isn't able to move freely through our bodies because we're gripped in a fight-or-flight or reaction—and that's what we can feel as a "block".

To release the energy that has been bound up in our bodies and return to a state of Energetic Flow, we first have to shift out of the fight-or-flight state. As we do so, and our parasympathetic nervous system finally kicks in, our bodies begin to relax, let go and finally release that stored energy—which might express in the form of movement, sound, heat, vibration, or wavelike motions.

What happens during a session?

During sessions on the table, energy that has been bound up in the body's soft tissues, spine and nervous system may be released in the form of movement, sound and vibration. As tension in the spinal cord and nerves is released and blood-flow and oxygen increase to the brain and body, an experience of freedom and flow naturally occurs. People experience this as a state of deep relaxation, presence, some feel energy moving.

How will I feel after a session?

Once energy is moving and the body is more relaxed, it's easier to be present again. Energetic Flow accompanies a greater connection between your physical energy, emotional energy, mental energy, and heart energy. Following a session, clients typically report feeling open, grounded, and lighter—often like an "energetic weight" has been shed.



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I have been through some hard stuff recently. Can I feel 'worse' after a session?

It is important to release blocked energy and traumas and experiences from our energy body. You can imagine this like a pressure cooker, we must release it to let the pressure go.

Energy Healing is also known as 'light' therapy. It's like you shine in a light into the darkness and that sometimes can bring up or intensify what is there. Through bringing in light, we can deal with what is and address it and move it out. Know that you are always in control of what happens and doesn't happen.

Do I need to prepare for the healing session?

The deeper you want to go the more we recommend preparing for it. Set your intention, take a mindful pause, and leave enough time after the healing for it to sink in and settle. We recommend taking some time after to continue to rest and restore and let it sink in.

"In every medical tradition before ours, healing was accomplished by moving energy"

Albert Szent-Gyorgyi, Biochemist and Nobel Prize Winner