



HOLISTIC HEALING
H A W A I ' I

Energy Therapy

Energy Healing is a relaxing, nurturing, heart-centered energy therapy that uses gentle, intentional, touch that assists in balancing physical, emotional, mental, and spiritual well-being. Energy Healing:

- **Opens, connects, & balances to restore the human energy system**
- **Focuses on removing energy congestion that forms in the energy fields (aura) and energy centers (chakras)**

It is classified by NIH as a “biofield therapy” or biological energy. Biofield energy contains a group of standardized, non-invasive techniques that clear, energize, and balance the human and environmental electromagnetic energy fields. Energy Healing can be performed in person or at a distance.

Practitioners perform energy healing to help balance the energies within and around you. When we are under stress, our energy becomes congested or blocked, and this can influence your Mind-Body-Spirit. Energy Healing can improve the flow of energy within and around the body.

Research has demonstrated that biofield therapy supports and benefits individuals that are experiencing symptoms related to health issues like cancer, post operative pain & chronic illness/pain.

How can Holistic Healing Hawai'i support you with Energy Healing?

I will formulate a custom treatment for you based on your goals, symptoms and energy assessment and provide energy healing through a distance healing session.

References

- Healing Beyond Borders; <https://www.healingbeyondborders.org/>
- Wardell,D., Kagel,S., & Anselme,L. (2014), *Healing Touch, Enhancing Life Through Energy Therapy*, iUniverse, Bloomington Indiana, 47403