

### 9 Energy systems and spiritual healing

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#### 9.1 Introduction to the body's primary energy systems

##### 9.1.1 Our bodies as energy systems

Our bodies are networks of energy in which our physical aspects reside. Energy healing, of which spiritual healing is one energy modality, works on the basis that if we can balance or correct our energy systems, our physical systems will also heal. When we do not “listen” to the early messages from our intuition and bodies, and don't take appropriate action, the imbalances and problems in our energetic systems start to manifest in the physical. This can result in disorders of the body, emotions and mind.

As spiritual healers we channel energy that in turn rebalances the body's energy systems – we are effectively using energy to activate and “heal” energy.

Our energy bodies have evolved over millions of years in tune with our anatomy and environment. However, our environment has changed radically since the industrial revolution. Today our bodies and minds have to manage interference from energy emitted by our technology and the stresses of changing social expectations. So keeping our own energetic bodies healthy, and helping others to rebalance theirs, is more important than ever. Understanding our bodies' energetic systems will help us to understand ourselves and others better, and how we can assist the healing process using spiritual healing.

##### 9.1.2 Principles of energy healing with the energy systems

Donna Eden and David Feinstein describe the principles of energy healing as such:

1. *“Energies—both electromagnetic energies and more subtle energies—form the dynamic infrastructure of the physical body.*
2. *The health of those energies—in terms of flow, balance, and harmony—is reflected in the health of the body.*
3. *Conversely, when the body is not healthy, corresponding disturbances in its energies can be identified and balanced.*
4. *To overcome illness and maintain vibrant health, the body needs its energies to:*
  - a. **Move** and have space to continue to move—energies may become blocked due to toxins, muscular or other constriction, prolonged stress, or interference from other energies.
  - b. **Move in specific patterns**—generally in harmony with the physical structures

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*and functions that the energies animate and support. "Flow follows function."*

- c. **Crossover**—*at all levels, from the micro-level of the double helix of DNA, extending to the macro-level where the left side of the brain controls the right side of the body and the right side to the left.*
- d. **Maintain a balance** *with other energies—the energies may lose their natural balance due to prolonged stress or other conditions that keep specific energy systems in a survival mode.”<sup>1</sup>*

In spiritual healing we primarily assist the flow and balance of energies by:

- Placing our hands on or near a part of the client’s body, thus connecting those points on the skin. We may have a process we follow for placing our hands, we may place our hands intuitively or be directed by our healing helpers (guides and angels). Such hand placement may relate to specific energy points, such as those used in acupuncture.
- We allow our healing helpers to move specific energies. For those of us that see or sense energy movement, we will “watch” and can tell when energies are back moving again.
- Through our intention and placement of hands, we can surround a person or area with healing energies (one person’s energy impacts another’s, we act like tuning forks).
- Some Spiritual Healers like to brush down the client’s energetic body at the end of a healing. This can have the effect of swirling or tracing along specific energy pathways.

### 9.1.3 **The nine main energy systems**

Some people "see energy" and can describe the anatomy of the human energy body. Examples of authors that do so and have shared their healing-related insights include Barbara Ann Brennan and Donna Eden. Not surprisingly, their descriptions tend to agree with one another and also correlate with some descriptions of subtle energies found in non-Western cultures. Further, these descriptions are now backed by electromagnetic measurements. The meridians, chakras, and aura are three terms that have entered the English language from other cultures. But there are more energy systems that have been identified as well.

The following sections in chapter 9 have been summarised from the works of Barbara Ann Brennan and Donna Eden and related to spiritual healing.

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<sup>1</sup> Eden, Donna & Feinstein, David, 2012, "PRINCIPLES OF ENERGY MEDICINE", Retrieved from <https://www.inner-source.net/em/66-handout-bank1/hbbasicprinciples/201-david-feinstein.html>