

Energy Healing

These days, people are focusing more and more on making natural choices. Organic foods, regular exercise, naturopathic medicine, herbal remedies and even electric cars are becoming regular elements in daily life. For many, alternative therapies such as Pranic, Tantric, and Reiki healings have become the rule rather than the exception.

If you have

interest in New Age literature, or have studied areas of spirituality, sexuality and healing, you have likely seen terms like "chakra", "prana", "aura", and "tantra". Here you will come to understand the meanings of some of these exotic vocabularies.

"Chakra" is your energy center.

It is a term used in the ancient Hindu system of healing known as Pranic healing. "Prana" means life energy. "Aura" is another word that can be traced to Pranic healing. The aura is a non-physical body consisting only of energy, which exists along with our physical body. It has been said that there are seven layers to the aura that surrounds the human body. These layers are the manifestation of an individual's physical, emotional, mental, and spiritual energies. By studying the color and thickness of the auras, it is believed that one can determine the state of an individual's health. The aura is divided into six colors signifying six individual personalities. These colors are all present in an individual aura, but one or two are generally more pronounced.

Red activist

Violet

- psychic

Green ambitious achiever

Blue spiritual

peacemaker

White unconventional chameleon

Orange

creative communicator

Tantra is most popularly associated with a

particular practice of sex and spirituality, but it is also a method of energy healing. Tantra is derived from the word "tan", meaning to spread or expand. The concept of connectedness is a recurring theme in Tantric writings on sex and spirituality. Spirituality and sexuality figure prominently in the Tantric method of healing. It is believed that the union of man and woman can reach spiritual levels during orgasm, which removes collected impurities from the body and mind. These impurities are negative energies that, if not removed, can manifest as physical illnesses.

Unlike

Pranic and Tantric healings, which have Hindu origins, Reiki healing originated in Japan. Reiki is a relatively younger healing method than Pranic and Tantric healings, having been rediscovered in the early 1900's. Reiki stands for universal energy brought forth by higher intelligence. Students of Reiki are taught how to tap this energy to heal physical, emotional, and mental illnesses.

Although Pranic, Tantra, and Reiki

are all systems of energy healing, they differ in the type of energy tapped for healing: Pranic is life energy, Tantra is sexual energy, and Reiki is universal energy.

These healing methods are all similar in

their concepts of the connectedness of mind, body, and spirit, the connection of individuals to the universe and to all living and nonliving things around them, and in the way the energy impacts physical, emotional, and spiritual well-being.

People are turning to Pranic, Tantric,

and Reiki as alternative methods of healing. In spite of the availability and relative accessibility of modern medicine, there are several reasons that more and more people are being drawn to them:

Energy healing

can work where modern medicine has failed

For reasons both

explainable and mysterious, modern medical treatments can fail to heal ailments and conditions in certain patients. While research and available data may not be available to support this statement, the patients and their families will gladly accept the risk. In an attempt to find relief or a cure, these people may choose to use a number of alternative treatments including herbals and organics, faith healers, witch doctors and New Age healing techniques.

Modern medicine to be isolating

Medical

treatments can often focus on the disease and its cause, leaving the patient feeling isolated. Although recent developments in hospital practice are beginning to promote the holistic treatment of patients, patients can still be left feeling like a mere host of the disease. In energy healing, spirituality and energy are intimately linked, leaving patients to feel as if all aspects of their health are being attended to.

Energy

healing is non-obtrusive

Repeated surgical procedures can be

physically and emotionally traumatic for most patients. Therefore, it is a logical and attractive option to patients and their families to turn to less stressful health interventions. Natural treatment is also the option of choice for the rising New Age religion population.

Energy

healing relieves stress

Meditation is part and parcel of energy

healing methods, and becomes greatly beneficial for highly stressed people. Further, because sophisticated equipment is not required, it is much more convenient for students and future students of energy healing.

Both

mainstream medicine and alternative healing have benefits. We are fortunate to live in a society that encourages personal choice, so there are supporters in both arenas. Should you find the need for physical healing, research your options and choose the method that's best for your personal situation. In the final analysis, what matters most is the restoration of your good health.

