

INTRO TO ENERGY HEALING

Healing is in your hands

by Lindsay Maxfield



Contents

What is Energy Healing?	1
The Science of Energy Healing?	3
How We Perceive Energy	4
10 Common Ways We Sense and Experience Energy	5
How Sensitive to Energy Are You?	6
The Cause of Blockages, Imbalances, and Sickness	6
Children and Energy	7
Energy Healing as a "Miracle Cure"	7
Common Uses for Energy Healing	8
Exploring Energy Healing Methods and Modalities	9
Where Does Healing Come From?	10
Learn to Clear Your Energy	11
Chakra Clearing and Charging Exercise	12
My Healing Philosophy	13
About Lindsay Maxfield	14



What is energy healing?

Energy healing is a holistic healing process of identifying and releasing energetic blockages that are the root cause of your physical and emotional distress. It's like cleaning the slate of all your pain and suffering to restore you to the healthy, happy, spiritually-whole being you were meant to be.

Every healing modality is different, but the goal is the same:

*To release blockages and allow the energy
to flow freely once more.*



What is this “energy” I’m talking about? Well, it’s you.

The energetic, subatomic particles that comprise our bodies aren’t just the particles that become our tissue and blood and bones; **our energetic makeup includes our thoughts, beliefs, fears, memories, hopes, and more.** It even includes our DNA and all of the experiences, memories, fears, etc. that our ancestors have passed onto us. What’s more, we can absorb energy from others as we go throughout our day—energy that isn’t always easy to shake off and can eventually become part of us, shaping our emotions, thoughts, and beliefs about ourselves, others, and the world around us.

That’s why we need energy healing now more than ever, and it’s exactly what makes so powerful: **In one fell swoop, you can heal not just physical ailments but their energetic causes—as well as the residual pain of the past, the limitations of our beliefs, the fear that blocks our path, the thoughts and emotions of others, and on and on.** It really is limitless and infinite. It creates miracles. *It is a miracle.*

The Science of Energy Healing

There is an energy field that surrounds all matter, living and non-living. But it's not as mystical as it seems; this energy is found inside the nucleus of the atom, and in fact it's what holds the atom together—it's what holds our universe and every single thing in it together. It is in every single thing, animal, vegetable, mineral, and synthetic. **Energy is everything—or, rather, everything is energy.**

So while energy healing is an ancient practice, it’s also a metaphysical science. Simply put, nothing in this universe is solid mass; everything is made up of energy—microscopic, subatomic particles vibrating at different rates and frequencies. When you look at everything on a subatomic level, all energetic particles are reduced to their lowest common denominator. In relation to healing, this means that heart disease is not any easier or more difficult to treat and cure than depression, a sprained ankle, a phobia, a paper cut, and so on. All physical and emotional ailments are the same.

Energy healing allows you to isolate and manipulate the particles that contribute to dis-ease and raise their vibration, which is healing in its purest form.

But before you can manipulate that energy,
you have to learn how to see it or sense it.



How We Perceive Energy

Have you ever had an experience like this?

You're out one night with a group of people and someone introduces you to an old friend of theirs. He's smiling and, well, normal looking, but for some reason you have a strange feeling about this guy. You feel weird even shaking his hand, and in the back of your mind you think, "How did she even get to be friends with this guy? I just do not trust him."

Or say you're getting ready to go to a concert, one that you've been waiting for all month. You're happy and excited and practically skipping out the door. But nothing tops the excitement of actually being there. The feeling in the venue is absolutely electric, and just walking in sends a thrill up your spine. When the time comes and they finally walk on stage, everyone in the place goes wild. Even though you're normally a pretty mellow person, suddenly you find yourself jumping and screaming, stoked out of your mind for what's about to go down.

Or what about when suddenly, out of the blue, you find yourself thinking about a friend or a family member. You would have been totally surprised to find that the next thing you know they're calling you, but for some reason you just knew that they would. And you also know that whatever they're about to say is not good. You could tell before you even picked up the phone.

These are some of the countless everyday experiences we have that seem normal, average, just part of the human experience. And they are ... and yet they're not. Although we chalk these things up to coincidence or instinct or just plain being a human with emotions, something bigger than this is going on.

We're reading energy, and acting on it.

Although this energy is invisible to the naked eye, we can sense it. All of our senses, whether physical or spiritual, are designed to sense and process and use this energy one way or another. It's an integral part of being human, and it comes so naturally you likely don't even recognize you're doing it.



10 Common Ways We Sense and Experience Energy:

- 1.) **Certain people exhaust you**, and you feel drained just being in their presence. Crowded places and chaotic events are enough to wipe you out—physically and emotionally—for the rest of the day.
- 2.) **You can feel when someone is looking at you**, even from across the room or while driving in your car.
- 3.) **You can instantly distrust, dislike, or even like someone** for no concrete, "logical" reason. You feel it and you just know.
- 4.) **You can tell how someone's feeling** without them saying a word, and you can even see through the facade they put on when they try to act like everything is OK.
- 5.) **People call you a "human lie detector"** because you always seem to know when something is really going on beneath the surface that they're not telling you.
- 6.) **You are soothed by certain colors, sounds, fragrances, and sensations** — while others have the exact opposite effect.
- 7.) **Electrical storms make you feel tense**, on edge, and a little crazy. In fact you're likely to know when one is coming, or to sense changes in the weather without having to look outside.
- 8.) **You walk into a room and instantly have a feeling about it**. You may be able to sense this about entire buildings without even going in, and the thought of visiting a genuinely "haunted house" makes you feel sick.
- 9.) **You make first impressions quickly and easily**, and they're often very strong. You may feel guilty about this, talking yourself out of them and chastising yourself for judging others. But it turns out that you're actually right, almost every single time.
- 10.) **You have a strong association with colors** and you use them to reference people and things, like, "She has such a yellow, happy personality."

How many of these things ring true for you?

If you've experienced even one of them, then congratulations, you have read and experienced energy.



How Sensitive to Energy Are You?

Some people are more sensitive than others to this energy, which has been attributed to many things: instinct, intuition, premonition, emotional contagion, being psychic, being "too sensitive," having a "sixth sense," or even mental illness—mood disorders, sensory processing disorder, ADHD, autism, and more. Which is why energy healing is so effective and instantaneous in soothing the symptoms and even curing these issues that medical science has yet to solve—and why it's vital to understand your energetic sensitivities and learn how to use them to your advantage, and not your detriment.

The first step in understanding your sensitivities to energy is to realize that they are not a curse; they are a natural part of life, and in fact, they're a gift. They are the key to interacting with others on a much deeper, soulful level, the key to understanding the universe and the connectivity of all life on this planet—and ultimately, they are the key to healing yourself and others. Because the more sensitive you are, the more you take in—and the more you have the opportunity to release.

The Cause of Blockages, Imbalances, and Sickness

Over time, the different energies we sense and absorb can become trapped in our bodies—especially those we personally experience, like the trauma of a childhood incident, the shame and embarrassment of failure, the heartache you never fully recovered from ... the list goes on. **When we are unable to heal from and let go of these powerful emotional energies, they become blocked, leading to physical, emotional, and spiritual imbalances in your life.** The results show up in very real ways, like disease, mental illness, relationship problems, self-sabotage, and more. These are the patterns you just can't seem to break; the shadows of your past you can't outrun; the fears, the pain, the sorrow that always finds its way to you.

When energy becomes trapped in your body, the low, dense vibration of it can affect the physical area where the energy is lodged, whether it be your organs, your blood, and so on. This is how physical sickness, illness, and imbalance begin. In fact, the location and nature of your physical pain and sickness is significant and tells a deeper story about what's really going on inside. That's because long before the symptoms of pain, illness, disease, and other conditions manifest in the physical body, they've already been created in the energetic body.

Trapped energy is also to blame for emotional imbalances as well. Our conscious minds may forget the pain and trauma of the past, but our bodies do not. That's because emotions and memories are not stored in the mind; they are found throughout the body, in every muscle and organ and every bit of blood and tissue. **Not only can the pain of the past be easily triggered by present experiences, the energetic imprint of our pain can actually attract and create more problems in our lives, creating patterns that can linger for generations.**





Children and Energy

It's important to remember that it's not only adults who are affected by energy; children are often much more sensitive and, therefore, vulnerable.

So much of what we consider to be physical or emotional problems in our children actually have a spiritual or energetic origin—an origin that can be easily remedied through energy healing and simple lifestyle changes and practices. For families with children who struggle with conditions like ADHD,

sensory processing disorder, Autism Spectrum disorders, mood disorders, behavioral issues, and so on, there is more good news: **These children may not be "ill," they might actually be highly spiritually gifted,** and their symptoms are really just signs that they are taking in too much energy. They may just need help processing and filtering this energy and integrating their spiritual body into this physical world.

Energy Healing as a "Miracle Cure"

But no matter how blocked energy has manifested in your life, in one simple yet powerful act, **energy healing can erase it all and set you on the path to total and complete healing.** It's instant and permanent—a true miracle.

By identifying the underlying non-physical cause of a condition—the mental or emotional factors that are truly to blame—you can release it and allow the body's own natural healing abilities to take over and restore you to perfect health. What's more, you can safely and quickly find the energy of the trauma and release it without having to relive or remember the pain ever again.

There are many, many different healing modalities, like reiki, sound therapy, rapid eye technology, and acupuncture. Even massage, talk therapy, and having a good cry and a long talk with a friend can be deeply healing. **All energy healing modalities are aimed at shifting the energy of a problem, first by identifying it, then by moving it, eliminating or releasing it, or raising its vibration to be in harmony with the rest of the body's energy.** The most effective healing modalities are targeted and specific, and they fall into two categories:

- 1.) They are more **physical** in nature and affect the body's energy systems, allowing the body to initiate its own healing mechanisms.
- 2.) They are more **non-physical** or spiritual in nature, identifying the emotional causes of an issue, exploring their meaning and the role they've played in your life, understanding the message or lesson to be learned, and then releasing the offending energy.



You can use energy healing to:

- * **Relieve the pain and trauma of your past**, instantly and permanently, without having to revisit painful memories.
- * **Solve your money problems** by identifying your “abundance levels” and eliminating your emotional abundance blocks.
- * **Heal from illness and disease** by discovering their true energetic and emotional causes and activating your body’s innate healing abilities.
- * **Revitalize your relationships** and fortify family bonds by eliminating the energy of conflict and rekindling your natural love and affection.
- * **Transform your physical body** by identifying the energetic and emotional causes of weight gain and healing your relationship with your body.
- * **Discover your life’s purpose** by connecting with your own spiritual intuition and receive personalized guidance on how to manifest your deepest desires.



Exploring Energy Healing Methods and Modalities

Although each energy healing modality has its own techniques and methods for releasing trapped energy, **healers must be able to identify the energies that are out of place** and causing the imbalance. In order to begin healing yourself and others with energy healing, you must be able to see, feel, know, or otherwise sense the offending energy before you can learn how to shift it. The chakra exercise later in the book will help you learn to do just that.

Healing practitioners are skilled at identifying these disharmonious energies usually in the following ways:

- * Psychically “seeing” it, “sensing” it, or “feeling” it
- * Physically feeling it through body work like massage, reiki, or chiropractic care
- * Intuitively knowing what is out of alignment
- * Psychically “hearing” or being guided toward the answers by a higher power
- * Using muscle testing to speak directly to the subconscious mind

Here’s a brief list of just some of the countless energy healing modalities that exist in the world, broken into the two categories of physical and non-physical healing:

Physical:

- * **Sight** - Rapid Eye Technology, visualizations, revisionist work, BrainsKey
- * **Sound** - Chanting, sound washing, binaural beats, music therapy
- * **Touch** - Massage, acupuncture, reflexology, cupping
- * **Other/Physiological** - Naturopathy, essential oils, nutrition

Non-physical:

- * **Spiritual** - Shamanic healing, spiritual blessings, faith healing, prayer, forgiveness work
- * **Energetic** - Aura cleansing, chakra clearing, meridian flushing, Body Code, Energy Repatterning, energy chelation, Pranic healing, crystal healing,
- * **Emotional/Mental** - Emotion Code, Neural Linguistic Programming, Theta Healing, journaling, gratitude work, inner child healing



Where Does Healing Come From?

In the modern world, we've come to rely on doctors, pills, and surgeries to cure what ails us. We've grown wary of "natural," homemade remedies and, in our supposed sophistication, have come to believe that anything outside the realm of scientific proof is ineffective at best and dangerous at worst. But slowly, the realization is dawning that **medical science bears no more wisdom than ancient folk teachings** and, in fact, is more limited than the treatments that have existed for centuries—because modern medicine rarely *cures*.

More and more people are turning away from conventional medicine and toward alternative therapies—holistic treatments like herbs and supplements, essential oils, and good old-fashioned diet and exercise. As the power and effectiveness of these methods has become more widely known, holistic healing has experienced a resurgence in popularity, paving the way for energy healing to expand from the realm of mysticism and into the modern world. And the results have been miraculous.

That's because healing—true, lasting healing—doesn't come from a doctor, a pill, a supplement, or even an energy healer. **True healing comes from the Divine.**

No matter your spiritual or religious beliefs, there is truth in these words: **We are all spiritual beings having a physical experience. We were created by a supreme intelligence.** Whether you call it God, the Universe, Source Energy, or any other name, it does not matter; what matters is that we recognize to whom we should turn in times of physical or emotional pain and suffering. Because if we are seeking a return to a perfect state of health and wellness, we must go to the source: that which created us. **Only the Divine has the power to make us whole.**

That is why energy healing as a spiritual practice is capable of **creating miracles**. The methods and modalities used in energy healing present a framework for returning us to our original state of wholeness, which is oneness with the Divine. A healer is not a god; a healer is a conduit for Divine truth and light. A healer opens the door and the healee is then free to walk through and receive the kind of healing that only our Creator can give.



Learn to Clear Your Energy: Begin With the Chakras



How to Clear and Charge Your Chakras

Chakras are areas along the body through which energy flows. There are 7 of these energy centers in total (although some traditions include as many as 114!) and they correspond to different aspects of our emotional and physical lives. When energy becomes stagnant or blocked in our chakras, our lives can be affected in distinct ways.

To clear your chakras you simply need a cozy place to sit or lie down and some quiet time alone. But first, you need to understand what each chakra represents and how the energy flow in the chakras affect your life.

1. Root Chakra

Located at the base of the spine and the underside of the groin area, the root chakra is associated with the color red and is the center of security and survival. If this chakra is blocked, you could experience financial issues, insecurity, or fears of being unsafe or unable to thrive or survive. The root chakra is also associated with sexuality and passion and blockages here can result in sexual guilt and fear.

2. Sacral Chakra

The sacral chakra is just below the belly button (in women this is in the womb area). Its color is orange and it is associated with creativity and reproduction. With a well-functioning sacral chakra you are able to tap into your creative powers and bring a sense of satisfaction and emotional balance.

3. Solar Plexus Chakra

The third chakra is the seat of our power and confidence. Located in the upper abdomen in the stomach area, it is associated with the color yellow and is responsible for our levels of self-worth, self-confidence, and self-esteem. The solar plexus chakra is also known as the seat of our emotions. Blockages here can manifest as anger or a feeling of victimization.

4. Heart Chakra

Located right in the center of our chest is the heart chakra, responsible for—of course—matters of the heart such as love, joy, and inner peace. Although the heart is often symbolized by the colors red or pink, the heart chakra is actually green, a powerful and deeply healing color. A blocked heart chakra can lead to not only emotional problems (commonly manifest as relationship issues and difficulty feeling love, compassion, and affection) but physical problems of the heart or the immune system as well.



5. Throat Chakra

The throat chakra, associated with a light blue color, represents our ability to communicate—and most importantly, to speak our truth. We may feel pain, tightness, pressure, or a hoarse, scratchy feeling when we are not communicating our emotions properly or expressing ourselves fully, which can lead to or indicate blockages in the throat chakra.

6. Third Eye Chakra

On the forehead between the eyes is the third eye chakra, also known as the brow chakra. Known by the color indigo, the sixth chakra corresponds to our ability to focus on and see the big picture, as well as to our intuition, imagination, wisdom, and the ability to think and make decisions. But perhaps more notably, the third eye chakra is connected to our psychic abilities and non-physical senses, like clairvoyance, clairaudience, and so on. A well-developed third eye chakra can help you more easily receive and interpret messages from the non-physical realm.

7. Crown Chakra

Located at the very top of the head and associated with either the color violet or crystal white, the Crown chakra represents our ability to be fully connected to the spiritual realms and to receive divine guidance. When this chakra is clear we are connected to God or to the divine and have a sense of peace, bliss, knowing, and understanding.

Chakra Clearing and Charging Exercise

Begin by lying down in a quiet room free of distractions. You may turn on quiet music or white noise to help you concentrate and to bring your body and mind into a state of peaceful relaxation. Close your eyes and focus on your breath. Breathe in through your nose, slowly filling up your chest and then your entire torso, then breathe out slowly through your mouth. With each breath sink deeper and deeper into total relaxation.

After a few minutes of breathing, focus your attention on your root chakra. Imagine the chakra as a red wheel. Notice in your mind's eye how it looks. Is the color bright, or dingy? What size is it? Is it spinning, and if so, how fast? Is there anything blocking it or slowing its movement? Once you have an idea of how your root chakra is functioning, place your hands a few inches above the chakra and begin to make counter-clockwise circular motions. As you spin the chakra, imagine that anything blocking or slowing down the chakra is being released. Visualize it becoming brighter, clearer, cleaner, and spinning faster. As you clear the chakra you will begin to feel a warming or tingling sensation in the area. After about a minute or two, when you feel that the chakra has been opened up and cleared, stop spinning and shake your hands, as if flinging off the debris that once blocked the chakra. Then take your hands and spin in a clockwise motion over your root chakra. You are now charging it, infusing it with light energy, divine love, and power. Spin in this direction for another minute or two, visualizing it until you see or feel that it is spinning strongly and glowing a bright red. You have now cleared and charged your root chakra.

Move up through the rest of the chakras, using the same motions and visualizations, only use the corresponding color for each chakra. When you have finished with all 7 chakras, lie for a moment in relaxation and appreciation. Say a prayer of gratitude and set the intention to keep your chakras functioning optimally and receiving love and light while filtering out any negative or harmful energies. When you're ready, stand up and wash your hands with cold water to discharge any excess energy. The exercise is complete.



My Healing Philosophy

Each healer brings his or her own spin to energy healing, and at The Healer's Academy, so do I. Like all energy healers, I believe it's possible to experience miraculous physical and emotional healing in the blink of an eye. But unlike other healers, I believe you don't need fancy tools, exotic herbs, or elaborate, mystical processes to do it.

*Healing is as simple as seeing the truth, letting go,
and letting the Divine in.*



About Lindsay Maxfield



Hi, I'm Lindsay. I'm a writer, an energy healer, and a firm believer that no matter what obstacles you face, you can heal from the past, love the present, and create the perfect future you were born to live.

These beliefs were born out of the struggles I experienced early in life: I began battling depression at age 9 and cycling up and down throughout my teenage years and into my 20s. After suffering a nervous breakdown at age 21 I was given the diagnosis of bipolar disorder, an incurable mental illness that, I was told would, I would live with for the rest of my life. Luckily, I didn't listen.

I refused to believe that I was "sick" or "broken"; instead, I began to realize that I was "extra" — that I could feel and sense things that other people couldn't. I held to this belief and followed it with fervor, seeking deeper self-understanding and searching for the peace I knew could be mine. And I found it. Little by little I discovered the spiritual truths and practices that have allowed me to not only recover from my illness, but to cure it in every way, permanently. Not only that, it was the path that led me to discover my spiritual gifts and to learn the truth of our emotions: That they are not here to punish us, but to guide us along our way.

I use my gifts as an intuitive psychic, an empath, a channel, and a medium in my work as a writer, teacher, coach, and energy healer, helping people see past their pain and struggles and into the truth of who they are as a soul, a spirit child of God who chose to come to this earth with a divine mission. Sharing these truths and teaching others how to use their emotions to discover who they really are has become my life's work.

I look forward to sharing these truths with you and helping you awaken to the person you were meant to be.

Learn more about me and my work at www.LindsayMaxfield.com.