

What Is Energy And How Can It Heal?

Guest article by Carol Powell Smith

How Energy Works

If we go to Quantum Physics, we find that the concept of Energy gets to be quite complicated. Einstein showed us that $E=MC^2$, Energy equals Mass times the speed of Light squared. This tells us that Mass and Energy are interchangeable. And that both space and time are not absolute. The most important consequence of this is that Mass is nothing but a form of Energy. So, everything is a form of Energy, objects at rest have stored Energy. Trees, Rocks, Dogs, Water and People are all made up of Energy, in one form or another. This means that Energy can exist as either solid matter or as non-solid matter, such as a beam of light. Radio waves, microwaves and X-rays are all forms of pure non-solid Energy.

Where Does Energy Come From?

Energy is all around us, everywhere in all different wavelengths and frequencies. From Energies with very short wavelengths like Cosmic Radiation and X-rays to very long wave lengths such as Radio waves and Infra Red waves. Everyday our bodies are being hit with these Energies from many different sources. We don't see it but we know it is there. When we speak, our voice saying words has released sound waves of Energy causing ripples in the air around us. When we think, our brains release wavelengths of Energy.

Can Energy Be Measured?

To the Scientific community, Energy is something measurable with specific instruments to detect for example, heat, light, or cosmic radiation. The Energy used in Healing is equally real, with the measuring device being that exquisitely sensitive one, the human body. Our bodies are receiving stations for Energy and also transmitters of Energy.

About Our Multi-Body System

We are made up of a multi-body system, not just the physical body. We have an Etheric Body, an Emotional Body, a Mental Body and an Astral Body. Things don't just affect us physically; we are affected on all levels. When we think thoughts, these non-solid forms of Energy go out into our multi system body and greatly affect us.

Healing Balances Energy

We all have storage centers in our bodies that store Energy and Energy patterns. They are called Chakras. We can have Energy Patterns stored from events that happened yesterday as well as from many years ago. Some of these patterns will be happy memories and some of them will be unpleasant and painful memories of something that happened to us. Sometimes we stash them away deep into some recess in our Chakras and in our Auras (the Energy field around us), and try to forget about them, but they don't really go away. Dis-ease is a manifestation of unbalanced Energy. Healing, then is a way of balancing Energy.

Negative Forms of Energy

Throughout our lives we pick up negative forms of Energy, such as Fear, Doubt, Anger, Judgment, Criticism, Blame and others. Any techniques we find that enable us to let go of these patterns will help to move us toward peace and happiness.

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