

Energetic Healing Processes

Structure and Energy

- What is structure? – particles, visible, tangible, solid, dense, things
- What is energy?
- In physics, **energy** is an indirectly observed quantity which comes in many forms:
- [Thermal energy](#)
- [Chemical energy](#)
- [Electric energy](#)
- [Radiant energy](#), the energy of [electromagnetic radiation](#)
- [Nuclear energy](#)
- [Magnetic energy](#)
- [Elastic energy](#)
- [Sound energy](#)
- [Mechanical energy](#)
- [Luminous energy](#)
- [Mass](#) ($E=mc^2$)
- Energy is always an indispensable prerequisite for performing mechanical work, and the concept has great importance in [natural science](#).

“Energy” in bodywork

- In bodywork, “energy” is commonly understood as anything other than strictly physical: on a continuum (i.e. slippery mental slope!) from physics to metaphysics:
 - waves
 - vibration
 - tension
 - motion
 - emotion
 - thoughts
 - beliefs
 - soul
 - spirit
 - the divine
- Some people prefer to believe in these understandings; others prefer more scientific or neuro-endocrine explanations. This is an ongoing debate in our field that may have far-reaching implications in our field.

Three-Level Model of Massage Practice

Energy work - aims generally at enhancing energy flows in the body.

1. Wellness Massage – relaxing massage
2. Orthopedic Massage - aimed generally at physical structures (ideally includes wellness massage)
3. Integrative bodywork – aims at both structure and energy simultaneously (include wellness, orthopedic as well)

The experience of health is commonly an experience of healthy functioning of body, mind and emotion. That's what whole (same root as health and healing) refers to.

It is usually a sense of being ill-at-ease – disruption of one's sense of health/wholeness – that brings people to massage therapy.

Your Energy is Your Main Concern

The most important “energy” to work with is your own.
How do you do that? One comprehensive model:

Seven Dimensions of Touch

- Contact
- Movement
- Breath
- Graceful Verticality
- Heart
- Understanding
- Alchemy

Understanding someone better

- Accessing your gut.
- Consciously accessing your knowledge
 - accelerated by reading about psychology, getting psychotherapy, receiving bodywork and other self-growth experiences (of course in addition to your anatomy, physiology and bodywork knowledge)
- Using, if helpful, various energy models – chakras, meridians, bioenergetic theory, etc.

Chakra-model and its existential/ clinical significance

- Legs and feet – grounding, survival, sense of security
- Pelvis – excitement, contributing to birth
- Belly – guts – intuition, courage, self-support
- Heart – love and other feelings
- Throat – self-expression, self-assertion
- Forehead – mind, understanding
- Top of the head – “crown” – inspiration from beyond one’s usual self

Neutral questions that may lead to better understanding the person

- How is your stress level? Any particular sources of stress these days?
- Does any of your pain or tension seem to get worse when you're under stress?
- Any other possibly stress-related symptoms: insomnia, teeth-grinding at night, headaches, stomach aches, etc.
- When you feel under stress where do you commonly feel it in your body?
- How is your energy level these days?
- How is it usually?

Optimizing contact with energy and structure (i.e. doing integrative bodywork)

- Being integrated yourself – refining your presence in the seven dimensions.
- Listening well during the history and session
- Palpating with sensitivity and knowledge
- Working at interface
- Using fulcrums
- Observing for and being responsive to working signs or the lack thereof.
- Getting feedback on your work.

“The thing that brings human value back to experience, is the touching of it with human presence.”

-- Steve Gilligan

