

Energy Healing: A Holistic Approach to Wellness
by
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What is Energy Healing? Energy healing is the act of restoring balance and harmony to the mind, body, and spirit. It is a holistic approach that is a natural way to promote self-healing.

Brennan Healing Science is a unique and highly specialized form of energy healing that works with your energy field to support your natural ability to heal. While effects of an energy healing are subtle, they are much more powerful in the sense that you open yourself up to an unlimited source of inner healing power. What is more important is that you slowly start to discover the underlying cause of illness. Brennan Healing Science is an evidence-based method of energy healing that ensures practitioners are aligned with their internal and external source of energy prior to acting as a conduit to the client, thus enhancing the recipient's healing.

Most illnesses are caused by mental or emotional imbalances. Many times it is difficult to determine the cause of the imbalance or energy blockage. Sometimes the cause may be a psychological 'shadow pieces' that we are unaware of but are troubled by. When these 'shadow pieces' are left unattended, sooner or later a disease process manifests in the physical body. A great way to reveal the effect of your shadow is to assess yourself when you feel angry, sad, or stressed. Have you ever experienced someone verbally attacking you? Did you notice your gut become tight? The body has a physiological reaction to a *perceived* threat. It automatically goes in to fight or flight mode. The stress reaction can be beneficial at times of actual threat, but when it becomes chronically untreated it will likely cause physical symptoms.

When you can regulate your energy by taking responsibility for emotional reactions (when you are able to uncover the emotional shadow) you can prevent disease from occurring. If however, you have not been able to attain this level of balance, you may call on a professionally trained energy healer. The healer will sense the frequencies of your body and assess where your energy may be blocked. A healer can help identify and assist in balancing negative emotions and thought processes that remain in certain body parts, organs and joints which create tension, stiffness, and pain. Certain thought processes create persistent habitual negative behavior patterns that can be released from the body. The end result of a healing session is you can expect to feel extremely relaxed as the energy has been balanced and blockages have been removed. Ultimately, a healer will gently guide you to understand more about yourself and how you can use your own energy to heal deep imbalances. When this happens your body returns to its normal state by its own natural healing.

Energy Medicine is the last big frontier in medicine. Dr. Mehmet Oz

All healing is coming home to the Self. Dr. Barbara Brennan

About the author:

Sue Cacibauda is a professionally trained Brennan Healing Science Practitioner with a private healing practice in Reno, Nevada. She is a retired RN specializing in energy healing as well as preparing the energy field prior to and after elective surgery. Her holistic pre and postoperative preparation workshop creates positive results by patients experiencing less anxiety, needing less pain medication, leaving the hospital sooner, and experiencing a quicker recovery. Sue facilitates various continuing education workshops for health care professionals, including nurses, physicians, body workers, and care givers. Her passion is to produce the relaxation response and enhance well-being by integrating healing techniques for those who wish to improve their health in a supportive, calm, attractive environment. Sue enjoys working with those who are eager to release old patterns and experience more balance, vitality, and positive energy in their life.

Sue accepts clients by appointment following a free phone consultation. For more information contact Sue at hansawellness@yahoo.com or visit her website at www.hansawellnessstudio.net

