

Energy Healing the Best Medicine  
Find the Cause of Disease Versus Chasing the Symptoms

by Sue Cacibauda, BS, RN, LMT, BHSP

What is Energy Healing? Energy healing is the act of restoring balance and harmony to the mind, body, and spirit of the client. It is a therapeutic approach, which is natural, non-invasive and holistic with the intention to promote self-healing and a sense of peace within the client.

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. It is a relaxing nurturing energy therapy with gentle touch that serves to work in harmony with traditional medical and psychological treatment. The effects of an energy healing are subtle but much more powerful in a 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 cause of illness, which is not typically obvious.

*In physics, energy is the quantitative property that must be transferred to an object in order to perform work on, or to heat, the object. Energy is a conserved quantity; the law of conservation of energy states that energy can be converted in form . . .*

Energy is created by our thoughts and emotional processes, which are sound, light, and/or magnetic in nature, and vibrate at different frequencies. Each organ has its own vibrational frequency as does your entire body. Your body's frequency can change depending upon the time of day, your attitude, your conscious or unconscious thoughts, and feelings. A good Energy Healer can synchronize their energy frequency to assist the client's energy bringing it into balance.

It is imperative that the healer keeps him/herself in balance by daily exercise, healthy eating, meditation, and taking full responsibility for his/her own energy field. Brennan Healing Science is an evidence-based method of energy healing that ensures that the practitioner is aligned with their internal and external source of energy prior to acting as a conduit with the client, thus enhancing the recipient's healing.

Most illnesses and accidents are caused by mental and/or emotional imbalances. Many times, it is very difficult to determine the cause of the imbalance or energy blockage, but it manifests in the physical body as dis-ease. Sometimes the cause may be a psychological "blind spot" or "shadow" piece which is part of our personality (emotions and thought process) we are not aware of, but are troubled by. When these shadow pieces are left unattended (pushed into our subconscious mind), sooner or later a dis-ease process manifests in physical body. A great way to reveal the effect of our shadow is to assess yourself when you feel angry, sad, stressed, or even joyful. The question is, are you able to regulate the external emotional trigger by self-awareness? Where do you feel the emotions in your body? A good example of this is the unconscious (and thus unbalanced) chronic reaction to stress, that causes physical symptoms, that manifest as diseases such as ulcers, colitis, heart attack to name a few.

When you can regulate your energy by taking responsibility for emotional triggers (when you are able to uncover the emotional shadow) you can thus prevent dis-ease from occurring. If

however, you have not been successful in attaining this level of balance, you may call on a professionally trained Energy Healer. In a healing session, the healer will tune in to the frequencies of your body to assess where your energy may be blocked. A healer can help identify and thus assist in balancing negative emotions and thought processes that remain in certain body parts, organs, and/or joints which create tension, tightness, swelling, stiffness, and pain. Certain thought processes will also create persistent habitual negative behavior patterns, which can be loosened and thus released from the body. The healer can also help infuse your body with Earth and Source energy, which kindles positive energy for healing purposes. The end result of a healing session the client can expect to feel extremely relaxed as the energy has been balanced and blockages have been removed. Ultimately, a good healer will gently guide and help the client into understanding more about themselves and how you can use your energy to help heal deep emotional (often subconscious) wounding, trauma, emotional, and physical imbalances or disease.

Energy medicine suggests that the body's energy system is a key element to maintain health and vitality. When the body's energy system becomes imbalanced and blocked, illness can result. By channeling Source energy and Earth energy through the Energy Healing Practitioner to the client, these blockages are energetically removed and the body starts to function as it is designed to. An Energy Healing Practitioner is trained to become sensitive to locating energy blocks and help release them. Once this happens it enhances the body's own innate healing.

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

*. . . in healing disease, the essentials are the power of the healer and the receptivity of the patient.* Paramahansa Yogananda

*Wholeness is our natural state of being . . . Healing is the process of bringing that innate wholeness into full expression.* Daily Word 2014

*All healing is coming home to the Self* Dr. Barbara Brennan, Author *Hands of Light, Light Emerging, and Core Light Healing*, and founder of The Barbara Brennan School of Healing.

Sue Cacibauda is a Brennan Healing Science Practitioner with a private healing practice in Reno, Nevada. Sue is a retired hospital based RN (32 years at Renown Medical Center) specializing in preparing the energy field prior to and after surgery. Her holistic pre and postoperative preparation class creates positive results by patients experiencing less anxiety, having less need for medication, and quicker recovery. Sue's passion is to facilitate relaxation and improve well-being by integrating healing techniques for those who would like to benefit from being more balanced, energetically recharged, and embody their Wholeness.

Sue accepts client's by appointment following a free phone consultation. For more information contact Sue at [hansawellness@yahoo.com](mailto:hansawellness@yahoo.com) or visit her website at [www.hansawellnessstudio.net](http://www.hansawellnessstudio.net)