

## Energy Medicine

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Energy medicine, energy therapy, energy healing, vibrational medicine, psychic healing, spiritual medicine or spiritual healing are branches of alternative medicine based on ancient spiritual and relative scientific knowledge that healers can channel healing energy into a patient and effect positive results. And science is in the process of proving it.

We have all seen the miracles associated with prayer over our lives. We have even seen when we loose something, such as our keys, we pray a little prayer and ask St. Anthony to help us and then we find the keys.

The modality and the area of the healing arts of Energy Medicine is now recognized as a healing modality that even offers professional certification in its various disciplines as a practitioner.

Even Dr. Oz has said that the next big frontier in medicine will be ENERGY MEDICINE.

### **10 Types of Energy Healing Modalities**

Energy – also known as Chi, Ki, Qi, Prana, Force – is all around us. All living entities – birds, flowers, trees and even us people – are manifestations of energy. We are living in a world of energy and we can tap on the various energy healing modalities to heal ourselves and others.

In the field of science, it has been proven that all materials in the physical world are, at the most fundamental level, manifestations of energy in various forms. Everything in the universe is made up of energy vibrating at different frequencies. Solid objects are made up of vibrational energy fields at the quantum level.

Fengshui, or geomancy, is an ancient Chinese art of harmonizing the energy of people and environment. The knowledge of harnessing the energy in the environment is essential for optimal living as it increases the possibility of success in various endeavors, be it business ventures, careers, relationship with people, as well as health and wellness.

In the ancient world of Egypt, people acquire the knowledge to harness cosmic energy through the pyramids for many purposes such as healing, the formation of rains for crops etc. Moreover, there are many shamans, or energy healers, who are able to heal people through laying of hands.

All healings are self-healing. Our bodies are endowed with extraordinary abilities to heal ourselves. We are energy and hence it is possible to perform healing for ourselves as well as others. There are many types of energy healing modalities which are impossible to list them all here. Here are 10 types of energy healing modalities which you might be interested to explore and learn.

### **#1 – Quantum Touch ®**

Founded by Richard Gordon, Quantum Touch is based on the principle of resonance and entrainment. The energy level is amplified through proper breathing and visualization of energy flow in the body.

The distinctiveness of Quantum Touch is that there is no energy transfer from an external divine source; the healing is essentially based on resonance and entrainment of energy vibration through breathing.

Learn more about [Quantum Touch](#).

### **#2 – EFT**

EFT, or Emotional Freedom Techniques®, is one of the easiest methods to learn. It is all about fingers-tapping on the acupuncture meridians in the body combined with positive affirmations.

Learn more about [EFT](#).

### **#3 – Reiki**

Founded by Mikao Usui, the word Reiki is made of two Japanese words – Rei which means “God’s Wisdom or the Higher Power” and Ki which is “life force energy”. Thus, Reiki means “spiritually guided life force energy.” The method of Reiki involves channeling the universal life energy to stimulate the integration of mind/body/spirit to enhance the natural healing mechanism.

The uniqueness of Reiki is that a special initiation from the Spirit to receive healing energy is necessary for all Reiki practitioners. This attunement of to the Reiki energy is a form of ritual to reconnect with the Spirit before beginning the journey of healing.

Learn more about [Reiki](#).

### **#4 – Restorative Touch™**

Restorative Touch™ is a type of energy healing that works on a resonance of the recipient’s own highest potential, calibrating and aligning their body and field to that highest potential. Practitioners work mostly with their hands in the client’s energy field.

Learn more about [Restorative Touch](#).

### **#5 – Brennan Healing Science®**

Dr. Barbara Brennan is a healer, teacher and former NASA physicist, and the best-selling author of Hands of Light. Practitioners work with the “energy consciousness system,” which includes the physical body, the chakras, the various levels of the aura, the dimension of hara/intention, and the core star/spark of the divine.

Learn more about [Barbara Brennan healing](#).

## **#6 – Healing Touch**

Healing Touch, also known as Therapeutic Touch, is a biofield (magnetic field around the body) therapy that is an energy-based approach to health and healing. It uses the gift of touch to influence the human energy system, specifically the energy field that surrounds the body, and the energy centers that control the flow from the energy field to the physical body.

Learn more about [Healing Touch](#).

## **#7 – Pranic Healing**

Developed by Master Choa Kok Sui, a Filipino of Chinese descent, Pranic Healing leverages upon prana or life energy to cure physical ailments. The practitioner works on the energy body or aura of the person. Diseases, which appear as energetic disruptions in the aura, manifest as ailments in the body. This is cleansed and energized thereby accelerating the healing process of the physical body.

Learn more about [Pranic Healing](#).

## **#8 – ThetaHealing®**

Created by Vianna Stibal in 1995, ThetaHealing is a technique that taps upon the Theta brainwaves as well as relies upon the unconditional love of Creator Of All That Is who does the actual healing work. It is a technique that focuses on thought and prayer.

While the techniques of ThetaHealing are inspired from Christianity, it is not a religion and it is open to people of all religions.

Learn more about [ThetaHealing](#).

## **#9 – Longevity**

Founded in Taiwan in 1993 by Dr. Tom Lin, Longevity is a method of energy healing that opens the student's chakras to receive this universal energy.

Learning any types of energy healing modality can sometimes involve hefty investment cost. The best thing about Longevity is that learning this healing modality is absolutely free. Moreover, Longevity practitioners are all volunteers and they do not receive any monetary compensation from performing energy healing.

Learn more about [Longevity](#).

## **#10 – The Wonder Method**

Founded by Jody and Alain Herriotte, the Wonder Method is a gentle form of energy healing to awaken the core self, overcome life's challenges, and bring about happiness and peace in life.

Alain Herriotte used to be working with Richard Gordon in the practice of the Quantum Touch. He is the author of [Supercharging Quantum Touch: Advanced Techniques](#) and [Quantum Touch Core Transformation: A New Way to Heal and Alter Reality](#).

Learn more about [The Wonder Method](#)

*The next big frontier in medicine is Energy Medicine. – Dr. Oz*

Personally, I learn Quantum Touch which is proven to be a powerful and effective healing modality both for self-healing and healing of others. I offer **Free Distance Energy Healing** in the spirit of volunteerism for the health and happiness of humanity.

Purchase a copy of my translation of the ancient Buddhist text, **the Lotus Sutra**, to discover the meanings of healing and purification of life from the perspective of the Buddha's wisdom.