

Energy Healing Information Sheet

Energy healing's origins trace back thousands of years, with Japanese and Chinese techniques forming the foundation. These methods bridge ancient wisdom and modern science and have evolved into a wellness practice which focuses on balancing the body and promoting natural healing.

Energy healing is a holistic approach that addresses imbalances in the body's subtle inherent energy systems. It operates from the belief that humans are multi-dimensional beings composed of physical, emotional, mental, and spiritual layers, all of which are surrounded by and interconnected with a dynamic energy network.

Energy Healing options:

Reiki Healing: is a hands-on/hands-hovering Japanese method of universal energy therapy that focuses on the mind and body, potentially creating positive effects that often include stress reduction and relaxation. Reiki is a very safe and gentle form of therapy, suitable for all ages, which may create a warm glowing sensation in specific areas or throughout the body.

Reiki is generally applied in person as a stand-alone treatment; however, it can also be used in combination with a cranial osteopathy or cranio-sacral therapy approach, which may in some circumstances magnify the effects.

Reiki can be applied remotely, preferably via video call, so your practitioner can see you throughout the process to aid their energetic connection, however Osteodouce is generally the remote energy healing treatment of choice across the ether.

Osteodouce: is a hands-off method of energy healing which is a blend of the technical knowledge and mechanisms of energetic cranio-sacral therapy with the remote connectional elements of Reiki Healing. This process focuses on harmonising all facets of the mind and body by releasing any unbalanced areas and restoring them to the movement of life.

Osteodouce is generally a stand-alone treatment, whether applied in person or not, however it can be used in combination with a Reiki healing approach, which may in some circumstances magnify the effects.

Osteodouce can be applied remotely, which for preference would be via a video call, so that your practitioner can see you throughout the process to aid their energetic connection and observe changes in your posture or demeanour.

Energy Healing FAQ's:

Is Energy Healing Religious?

While some methods may be considered to have spiritual roots as energy healing does not seek divine intervention it is not considered to be a form of faith healing and therefore does not have any religious affiliations or connections.

How fast does it work?

Some people feel shifts immediately while others need days or weeks for changes to become apparent, this may depend on the severity or longevity of the concerns being addressed or possibly on the receptiveness of the patient.

Is it safe?

Energy Healing is a very gentle non-invasive approach which is generally considered to be safe for anyone, regardless of age or health, it is considered lower risk than other forms of complementary or holistic therapies.

For more info, visit our website: www.romneymarshosteopaths.co.uk and click Energy Healing under the treatment tab.