

# Healing from a distance

You can experience healing and transformation from the comfort of your own home, with remote energetic therapies. By Bonnie Bayley

Unlike a regular in-clinic healing session, remote energetic healing is done from a distance – in some cases via a phone or Skype call. Other practitioners conduct the session on their own without any communication with you.

It sounds strange, but it makes more sense when you consider that our subtle energy bodies aren't limited by time or space and are connected to everyone around us as part of a 'collective consciousness', allowing a healer to connect to you wherever you are.

Not only is remote healing convenient, it means if you find a practitioner you like who is interstate or overseas, distance isn't a barrier. Here are five healing modalities that can be done remotely.

## REIKI

Usually reiki involves the practitioner placing their hands on you and channelling 'universal life energy' to promote wellbeing. A remote session channels this same energy from a distance, without you needing to be in the same room.

**What to expect:** "We arrange a time where you can relax for an hour while I do the healing – you may feel a sensation of waves, pulsing or movement, although it doesn't matter if you don't," says reiki healer Jasmine Matthews from Simply Replenished. "I connect with you energetically and channel white light through your chakras (energy centres), which moves stagnant energy and releases

blockages." Matthews also records any intuitive guidance she receives about how the person can release blockages and improve their life, and emails this through afterwards.

● **Try it:** Go to [simplyreplenished.com](http://simplyreplenished.com) or [www.reikiaustralia.com.au](http://www.reikiaustralia.com.au).

## KINESIOLOGY

Kinesiology taps into the subconscious mind to discover the cause of any issues, from self-sabotage to low self-esteem. This is done with muscle testing, a biofeedback technique which tests the client's outstretched arm for a weak or strong muscle response. "If I go down a list of emotions, the muscle will indicate when I hit the emotion we need to work with," explains Kacey Griggs from True Balance Within Kinesiology.

**What to expect:** During a phone or Skype session, a practitioner does 'surrogate testing,' where they test themselves in place of the client. "It's like my energy steps out and I bring yours in, then I do the muscle testing through me," says Griggs. Once a limiting belief is identified, you'll be asked to say it aloud. "That tells the subconscious to clear it, and we may also add in positive affirmations," says Griggs.

● **Try it:** Visit [tbwk.com.au](http://tbwk.com.au) or [kinesiology.org.au](http://kinesiology.org.au).

## THETA HEALING

Theta healing identifies the subconscious beliefs underlying issues in your life, be it problems with relationships, career, finances or health. These limiting beliefs are then 'reprogrammed', to create a different reality.



**What to expect:** Theta healing can be done remotely over the phone or Skype. The practitioner uses a meditative process to put themselves into a theta brainwave, the state used to change the subconscious mind. "The client energetically goes into the same state automatically," says Mark Anthony, theta healing practitioner. You'll be asked a series of questions to uncover what's at the root of your issues. "We then work on changing the unconscious beliefs and 'downloading' alternative beliefs and teaching the feelings around them," he explains. ● **Try it:** Go to [thetahealing.net.au](http://thetahealing.net.au).

## PRANIC HEALING

In our daily life, we get energetically depleted or energised by our thoughts, feelings and environment, explains pranic healer Karen Marsden. "Pranic healers remove congested energy from the aura (energy field), chakras and meridians (energy pathways) and replace it with fresh prana."

**What to expect:** Similar to reiki, a pranic healing session is done from afar, without you needing to interact with the healer. "When you book in, I'll ask what your issues are, then I'll do the healing in the next 24 hours," explains Marsden. "I scan your aura and chakras for depletion, congestion or over-energising, I energetically sweep out the affected areas, then I put in clean, fresh energy or prana. This process helps the body heal itself and encourages transformation into our better selves." ● **Try it:** Visit [karenmarsden.com.au](http://karenmarsden.com.au) or [naturaltherapypages.com.au](http://naturaltherapypages.com.au).

## MEDICAL INTUITION

Medical intuitives use their psychic abilities to pick up information about the body and any emotional blocks underlying health issues. "I don't diagnose illness, but I can relay what I've picked up and suggest people investigate it," says medical intuitive Julie Lewin.

## What to expect:

Before a phone or Skype session, a medical intuitive will tune in to your energy body and scan it for imbalances. "I feel in my body what's going on in yours, for instance, if my throat feels constricted, that's my signal for a thyroid problem," says Lewin.

"I then tell you what I've picked up, suggesting, for instance, if you should get tests and sharing my personal knowledge." A session also involves energetic healing through guided visualisations and psychic 'surgery'.

● **Try it:** Go to [julielewin.com](http://julielewin.com) or [naturaltherapypages.com.au](http://naturaltherapypages.com.au).