

## **Energy Medicine** **by Brian Piccolo © 2007**

What is energy medicine? Have you ever wondered? I have pondered this question many times. I have taken many energy healing classes and have learned wonderful things from each of them. I like Reiki, Polarity, Cranial-Sacral, Touch for Health, Emotional Freedom Technique, and Zero Balancing just to name a few. To a newcomer to energy medicine, these types of disciplines can seem overwhelming and confusing. Being an instructor with over 1600 classroom instructor hours, I have earnestly tried to improve upon the beginning student's comprehension of energy medicine. What follows is what I have learned due to this effort.

### **What Energy Is**

Energy is movement and vibration. Energy to the ancients was sound, all sound, both sacred and profane. In the Western scriptures, the universe is created by the Word or Logos. In India the universe is created by Vach, a Sanskrit term representing the Voice or Word of Brahma. In India the Vach is feminine, and in the West the Greek Logos is masculine. By the process of entrainment, the Buddhist may meditate on Mantra or sacred sound to put them in unison with a higher level of consciousness. Thus, for the ancients, the concept of sound incorporated all forms of energy movement and vibration.

For us contemporaries as well, due to the findings of modern physics, everything is vibration, movement, or sound. Every subatomic particle up to our solar system on up to all the galaxies of our infinite universe is in endless movement. However, when we say that everything is energy, which it is, it can be difficult to have a discussion about energy medicine. Thus, it is easier to divide energy into two forms: physical and invisible.

### **Physical Energy**

Physical energy is the energy that we can touch, see, and measure with our five basic senses or by sensory extensions through our modern machines and computers. Physical energy can be atomic energy, lightning, sound, electricity, the chemical energy in our muscles, or calories in our foodstuffs. We see a lot of this type of physical energy used in therapy today. We call these therapies radiation therapy, transcutaneous electrical nerve stimulation (TENS), ultrasound, nutrition or metabolism.

Physical energy is also part of energy medicine. However, the invisible energy that we are not able to measure right now is what most people mean by energy medicine proper. Thus, invisible energy refers to the energy we cannot measure and is beyond our basic five physical senses and our modern machines' abilities to perceive.

### **Invisible Energy**

Invisible energy is also based on models of invisible anatomy. We have two basic models of invisible anatomy from the ancient East and Far East. From India we have the seven major spinal Chakras (vortices or wheels) system with its 72,000 nadis (energy conduits). From China we have the fourteen major energy meridians (energy conduits), consisting of about 660 major acupuncture points or energy centers. Nearly all other forms of invisible energy medicine are built upon these models of spiritual or invisible anatomy.

Just as physical organs need physical energy, invisible organs of anatomy need invisible energy as well. Universal life force or invisible energy is called Prana by India, and the same invisible energy is called Chi or Qi by China or Japan. Prana or Chi is the foundation of all physical health. It is believed that an imbalance in energy in any of our Chakras or Meridians will eventually manifest itself as physical disease. In fact, many practitioners believe that a disease can be diagnosed in the invisible anatomy months or years before it manifests in the physical body. All forms of energy medicine seek to balance this energy, to either heal or prevent disease.

### **Physical Energy + Invisible Energy = Energy Medicine**

There are collaborative relationships between the physical and the invisible forms of energy. In reality they are both divisions of the one same universal energy of which our modern science as of yet can only speculate on. For each of the seven Chakras there is a physical endocrine gland that secretes hormones in order to balance out our sympathetic and parasympathetic nervous systems. The health of our Chakras can influence our endocrine system directly as invisible energy or Prana becomes physical energy.

Twelve of the Chinese meridians are related to our organs or physical processes and can influence their health and functionality directly by the input of Chi into our bodies. By pressing certain acupressure points with fingers or needles we can release the blocked flow of Chi in our client's body thus restoring the ability for health to manifest.

### **The Energy Medicine Practitioner**

As practitioners of energy medicine, we become the conduits of Chi or Prana for our clients. Just like a pair of jumper cables on your car's battery, your two hands can polarize and balance blocked energy patterns in your client's energy fields. You may also breathe in Prana directly from the surrounding universe and send it directly through your arms into your client's energy field. This is kind of like filling up their energy gas tank at the gas station. We should never use our own Chi as this would deplete us.

No matter what form of Energy Medicine you use, I have found that there are universals that invisible energy always responds to. I have found that invisible energy follows thought, and that thought follows belief, belief follows intention, intention follows will, will follows consciousness, and consciousness follows BEING. Simply put, what you think energy should do, it will usually do. If you think energy flows from your right hand into your left, then it will. However, if you suspend your preconceptions, you may find that you can be an instrument to wisdom greater than your own. Let your lower ego remain still and let the energy flow. No matter what discipline you choose to use, by doing this, you will always be a blessing to us all.