

WC01222Y, Energy Healing, Chiasson

Welcome to *Energy Healing: The Essentials of Self-Care*. This online course is designed to teach you how to use movement, awareness, breath, and your hands to sense and shift energy in your body for specific results. Over the next six weeks, I will present practices based on energy techniques that I have learned from healers and teachers of energy medicine over the past eighteen years, and from a deeply personal exploration of my body as a patient, healer, and physician.

Energy medicine or energy healing is based on the concept that in addition to a system of physical and chemical processes, the human being is made up of a complex system of energy. This underlying energy field, also called the subtle body, is housed within the physical body and extends beyond it. I like to use the analogy of a garden, where the health of the soil affects how a plant grows and flowers. If the soil is nutrient depleted, the plant grows poorly. Likewise, if the energy body is not balanced and the energy does not flow or move in its natural state, the physical body is affected and can begin to function improperly.

This energy body is described in many healing modalities, although each describes it a bit differently. In this course, I will teach the most commonly used systems of energy anatomy: the chakra system, the *dan tiens*, the meridian system, the matrix of energy, and the aura.

Everything I will teach you in this course I first studied for my own journey. I began my formal exploration of energy medicine in 1990 when I was experiencing ongoing pain due to a chronic medical condition. After I had a surgical procedure that cured the underlying medical problem, I continued to experience pain. Wanting to find full recovery, I began to learn different healing techniques from shamans and healers from North America, South America, and Africa. I also studied aspects of Traditional Chinese Medicine (TCM) as well as East Indian and aboriginal wisdoms. I discovered that many of the essential techniques appeared across multiple cultures. We'll probably never know if these techniques traveled along trade routes or were discovered independently, yet I found that many of the practices that reappeared in different cultures at different times were among the most powerful.

The chronic pain I experienced resolved over a few years through the techniques I will share with you in this course. These techniques remain at the core of my current energy practices, and are the methods that I most often prescribe to my patients as an adjunct to the conventional care I prescribe as a medical physician. This program is designed to open the aperture of your awareness to what is already occurring in your energy body. As well, it will introduce you to many of the practices I have found most useful in moving energy through the body to increase vitality and health.

Throughout my journey, I have repeatedly had the remarkable realization that we are

instinctively moving energy all the time, and that the body already knows the map of healing. I have also learned that when I place my attention at the level of the energy body, I can often identify blockages that inhibit overall health and vitality. By using the exercises and techniques in *Energy Healing* to augment and restore the flow of energy throughout your body, you can magnify the body's innate healing response in order to heal more easily and quickly.

How to Use This Course

This course on energy healing incorporates audio, video, and written material, along with two live question-and-answer sessions. Each week you will be supplied with a new lesson. You should begin at the beginning, and continue through the segments of the class in order. As you proceed, you will learn the fundamentals of energy medicine, the relationship between the energy body and the physical body, and a variety of exercises in order to practice energy healing on your own body.

Some of this information is best presented in audio form, and other parts are better presented through video or written material. In addition, this program includes a set of study cards that highlight important points that you can carry with you to review when you want to perform any of these exercises throughout your day. The written material will also include areas where you can record and track your experiences with the practices and material presented.

Begin this course by listening to the first audio installment. Then as you go through the program, I will sometimes refer you to a video in order to watch a practice, or I will refer you to the written material for additional information via text, diagrams, or illustrations.

I suggest that you print out and continue to use the workbook even after you have finished the course in order to help you to integrate the practices into your life. If you have used all the space in the workbook, you can continue to record your experiences in a journal or notebook.

This course is primarily designed to teach you how to explore your energy body, but it will also help you relate to everything around you as energy. As I began to learn about energy medicine and the energy body, some of the most exciting lessons came from this interface between my energy field and the fields around me. As you use these practices, part of your exploration of the material will bring you into more awareness of what is happening within you as well as around you.

My wish for you is that this course and these exercises will guide you into your own body's wisdom, increase your vitality and health, and awaken you to a new way of relating to the world around you.