

Psychic Healing

Every living or non-living object is composed of tiny particles of matter. These particles, according to Physics, are in constant motion. This motion creates energy. This energy covers all objects. Such energy is known as an Aura.

Aura Energy and Illness

When someone is ill, the aura of that person is a reflection of the illness of that person. This illness can be physical or psychological. Therefore it is logical to say that curing the energy fields around such a person will cure the illness.

The Process

This is a process of energy transfer. Energy exists in all matter and its main source is the Universe itself. Healers take this energy and transfer it to the patient, via their own energy body. The good and the bad energies are replaced, and grounded into the Earth's energy

These processes are called by many names: Psychic Healing, Chakra Healing or Balancing..

Channeling and Psychic Surgery

This is another aspect of Psychic Healing. However, this does not use Earth Energy, but rather uses the energy body of the Healer as a channel or medium of transfer on a very different level. The Healer uses this energy body to cause Healing spirit bodies to enter into our plane of existence and heal people in need.

Channeling can be used to gain access to information on the spiritual plane of existence and information from 'dead' people.

Psychic Surgery involves a process of healing physical

problems of people via surgery carried out by spirits. Often, this can be a painless and non-invasive experience.

The biggest thing to keep in mind when looking for and then consulting a psychic is that you still need to live your own life and make your own decisions. Psychics are "guides", they are not your decision makers.

If you have a decision to make, yes, a psychic can tell you what the possible outcome of the decision may be. They cannot tell you what decision you will make -- that's up to you.

True psychics want to help you on your path, want to make your life easier, give you some insights, help you feel better about whatever it is you are going through. Sometimes to give a bit more meaning to what it is you are experiencing. Psychics generally do not want to scare you. They aren't going to tell you that you will be cursed forever if you don't do what they say. That's not why God gave them the gift.

If you remember nothing else, remember this: A good psychic does not want to control you or your life, they want to help you to have control over your own life, and to realize your own potential.

Aura cleansing

As we accumulate unwanted energies in daily life, regular aura cleansing supports health and well-being. Like psychic dust bunnies, we go around collecting debris on our aura, until we finally do something to cleanse it...

It is the same with personal hygiene. If you do not bathe, your body will become dirtier and dirtier. Gradually the smell becomes unbearable. Eventually, your body even becomes a breeding ground for disease and bacteria. If you do not

cleanse your aura, your spiritual energy system will also become 'dirtier and dirtier'. Eventually you become unpleasant for others to be around (though they may not consciously understand why). Your energy system then begins to attract lower vibrations which are also unhealthy for you and others.

In modern culture, we expect people to take care of their personal hygiene by bathing regularly, if not daily. But we are not yet so spiritually evolved!

Cleansing your Aura

Just like washing your hands cleans one part of your body and washing your face takes care of another... different approaches to aura cleansing will support you in clearing different aspects of your energy system. Some aura clearing approaches are more lightweight--in terms of personal hygiene--

like changing your clothes, or putting on deodorant. They are still useful, but they can't replace bathing! Other methods of aura cleansing go much deeper--equivalent to having a good scrub-down, or going for a detoxifying spa treatment.

In an aura healing, the healer supports you in cleansing unwanted energies out of your system. The healer assists you in grounding out psychic debris, releasing blocks and helps you get your own energy flowing.

Chakra balancing

...involves increasing awareness, releasing blocks and creating more flow through these energy centers. Chakra is a spinning vortex of subtle energy. The term comes from the Sanskrit word *chakram*, which means "wheel", because these centers appear to clairvoyants and yogis as whirling disks of light. The system of subtle energy channels and centers is the basis for the Meridians and energy points used in acupuncture, yoga practice, and energy healing. There are eight main chakras, located in a line aligned with the spine.

These centers connect the energy of the physical body with that of the Subtle Body. The eight chakras are located in the crown of the head, the center of the forehead (the third eye), the throat, the solar plexus, the base of the spine, the genitals, and beneath the feet (earth). When the chakras are functioning properly, the body's physical and subtle energies are in balance and harmony. Malfunctions can lead to physical, mental, emotional, or spiritual disturbances. Many energy workers believe that the chakras can be healed by the interaction between the vibrations of crystals and the energies of the body's .

The concept of chakra balancing originated in the ancient Hindu system of healing, and yogis have used the chakra system for thousands of years as part of their [yoga](#) practices and holistic healing techniques. [Chakras](#) are said to be wheels of energy, or chi, located all over the human body. Many people believe that physical and mental health problems can occur when these energy centers are misaligned or there is an energy blockage. These believers often turn to various methods of chakra balancing to improve health and well-being.

Many holistic healers or alternative medicine practitioners believe there are hundreds of chakras in the body, but they are primarily concerned with only the seven major ones. These seven wheels of energy are said to be aligned along the [spine](#) from the [tailbone](#) to the top of the head. Each is represented by a different color.

According to chakra teachings, the first chakra is called the root chakra, and is represented by the color red and governs physical needs and security. The second chakra, or sacral, is orange and controls sexuality, emotions, and desires, while the third chakra, the solar plexus, is yellow and governs power. The fourth chakra, aka the heart chakra, controls love, forgiveness, and compassion and is represented by green. The fifth chakra, the throat, is blue and controls communication, while the sixth chakra, called the brow, is [indigo](#) and governs intuition and reasoning. The seventh

chakra, the crown, is violet and controls spirituality and understanding.

According to chakra belief, the energy centers are interrelated and can affect one another. The root chakra spins at the lowest speed and has the lowest vibrational frequency. The other chakras get increasingly faster the further up the spine they are. The crown chakra spins the fastest, and at the highest vibrational frequency.

When all the chakras are working normally, each one will be open and [spinning](#) properly to gather an adequate amount of energy from the universal energy field. In this state, the body is centered, and life flows naturally and effortlessly. However, when illness, stress, holding on to negative thoughts, or suppressing experiences occurs, the chakras can become blocked and energy can become stagnant. This is when chakra balancing may help restore the person's physical, emotional, mental, and spiritual well-being

Crystal healing

Crystal Healing - Use of **crystals** of differing colors (therefore different vibrations) on parts of the body to stimulate health.

Crystal healing is a form of healing that uses crystals or gemstones. The crystals are mainly placed on specific areas of the body called "chakras." Chakra is a Hindu term meaning spiritual energy. According to this teaching there are seven basic energy centers in the body, each having a color associated with it. Some crystal healers place the same color crystals as the color of the chakras on the person to enhance the flow of energy. Crystals are said to direct the flow of energy to the person in a particular part of the body and bring balance to a person's energy. Ultimately, they are used to cleanse the person from bad or negative energy believed to cause an illness. Clearing out the bad spiritual energy alleviates the physical ailment. Crystals are used for

physical, mental, emotional and spiritual healing. Not only do people visit "crystal healers", in some places, professional nurses are being trained to use crystals for their patients. Additionally, crystals can be worn, placed next to a person's bed as they sleep, and in some cases placed around a person's bath.

Angel therapy

Angel therapy is an alternative healing concept that involves communication with angels. The idea behind the therapy is that by establishing a connection with angelic beings, it is possible to identify and treat a wide range of health ailments. Depending on the exact style or expression of the therapeutic procedure, patients may attempt to establish the connection directly or with the aid of an angel therapist.

The concept of healing through faith and spirituality is common in many faith traditions. Contemporary expressions of angel therapy often draw on the varying ideas about angels that are part of the core beliefs of different religions. For example, some faiths see angels as guardians of human beings, with groups of angels assigned to the watchcare of each person. Within this framework, the angel therapy would take the form of establishing contact with those angels to learn what must be done in order to correct the emotional, spiritual, or physical condition that currently plagues the individual.

In other expressions, angel therapy may involve the use of a third party that will attempt to contact specific angels that are part of the belief system of a particular faith tradition. This is often the case when a specific angelic being is associated with a particular type of healing. Angel therapists will attempt to intervene on behalf of the patient and ask for assistance in bringing about healing, either through supernatural means or the prudent use of tangible items that are employed according to the angel's instructions.

It is important to note that some forms of angel therapy are not just about healing of the body, mind, or spirit. In some instances, the therapy has to do with obtaining guidance on how to make an important decision or choice that may alter the direction of one's life. Angel therapies may also focus on helping an individual to become free of habits that are self-destructive. The therapy may even involve something as simple as a patient seeking help in learning how to forgive someone that has hurt the individual deeply.

Just as the type of angel healing can vary, the range of actual treatments is very broad. In some instances, the therapist is understood to channel the angel, making it possible for the patient to converse directly with the angel. At other times, the therapy takes the form of using visualization techniques to sense the presence of angels who are gathering around the patient and infusing him or her with positive energy. The angel treatment may manifest as entering into a state where the angel can communicate with the subconscious mind, providing guidance and practical instruction on how to deal with whatever issue is at hand.

As with most alternative healing methods, angel therapy has a number of detractors as well as supporters. Some of the detractors are members of various religious communities that believe the patient is not communicating with angels, but with evil spirits. Others do not believe in the existence of angels at all; they believe the patient is engaging in a dangerous act of self-delusion that delays seeking competent medical treatment or psychological care.