

BIOENERGY FIELDS AND THE HEALER/THERAPIST RELATIONSHIP

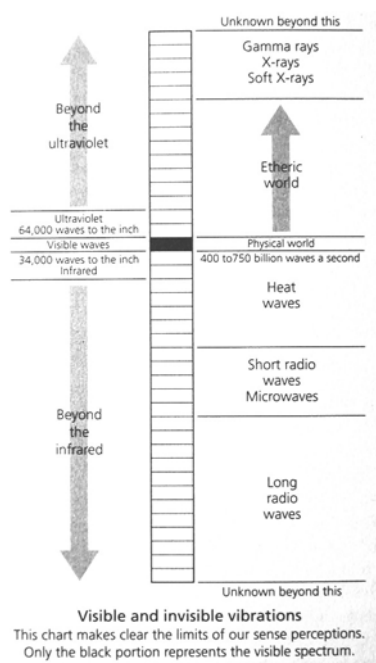
by Isaac George & Lynn Paterson

The client –healer relationship is a unique in comparison to most human interactions. People that seek relief from stress, chronic pain and physical injuries place themselves in a position of trusting the massage or physiotherapist to provide the relief that is so needed to promote healing and well being. The therapist develops the skills necessary to provide the client with the fullest range of support possible. The therapist uses these skills based on the training and knowledge received from the combined experience of many other teachers and practitioners. The therapist treats; the client receives. Just that simple...or is it?

How can the therapist come to a fuller understanding that there is much more to assisting others' healing than the manipulation of muscles, tendons and bones, and in turn, what may be going on during these interactions that may also affect the therapist? When treating the body, it is also important to become aware of the existence of what bodies are made of and how everything is connected at the quantum level of energy.

Now, we aren't going to dull your senses with a long discourse on particle and wave physics, or string theories and such. There are more useful and everyday examples of how energy works within and without all physical and non-physical space. The value of this becomes apparent within the client-healer relationship when we include the mental and emotional state of the client, the receptivity or sensitivity of the therapist, and a clearer understanding about energy.

So, what is energy? Quite simply, in the context of time and space, everything is energy. The known electromagnetic spectrum (see illustration-left) of energy ranges from very low frequency radio wave pulses up to and beyond gamma ray radiations. The range of cycles, or hertz, of energy is so vast when compared to the amount of it that we 'physically' perceive with our eyes, that it boggles the imagination. The subtle energy field is far more extensive than the physical spectrum. Physicists state that there is actually more space than solids in our Universe, and that everything is in motion from the atom all the way down to the tiniest fragment of mention. The most important recent discoveries are that nothing happens in the world of energy that is not experienced everywhere.



When two human beings interact with each other, they are not just engaged with the other person's physical body and personality, but also with each other's subtle energy fields, or 'aura.' The aura, though usually invisible to the naked eye, is the emanation of a person's thoughts, emotions, and general physical health. This aura has been proven to exist empirically, through the research of the human bioenergy field research pioneered by Dr. Valerie Hunt, UCLA Medical School, and also through the technology of Kirlian photography.

Have you ever been in around someone who's generally and 'up' person, one who is usually in a good mood, laughing, joking, and happy? If you have, then you know how quickly your mood can change, or compliment, this kind of person. They are a delight to have around, and one usually looks forward to being in that person's presence again soon. Conversely, when you are around a person that is depressed or sad, their mood can soon have you wondering why you are feeling so 'down', and not your usual self. This is not just an emotional resonance with moods, but has a deeper connection with the interplay of energies that occur below the level of your consciousness.

When a client comes in contact with a therapist or healer, a complex series of connections are established that will develop over the time that these two individuals work together. Perhaps the client is worried, stressed, or carrying a lot of 'baggage' or low vibrational energy. Since this contact occurs within the client – therapist relationship, the potential impact on the therapist is amplified beyond what would occur in a normal social interaction. The reason for this is primarily related to the therapist's desire to help the client, which leaves the therapist in a potentially vulnerable position. The therapist can gradually, and over an extended period of time, find that they are more and more fatigued and unfocused due to the unconscious transference that occurs via empathically tuning in to the client. In essence, the client leaves the session a lot lighter and free of some of the 'baggage', while the therapist is wondering why they feel tired and out of sorts. Healer/therapist burnout has become a recurring problem in many fields of alternative and complimentary modalities, and many teachers and facilitators are now recognizing the need for practitioners to be equipped with the awareness and tools to avert these phenomena, so that they may have a more balanced and satisfying experience in their professional and private lives.

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The challenge to those in the helping professions is to somehow use the awareness of energy fields in order "protect oneself" while at the same time assisting the client to release their unhelpful energy patterns. Even though the therapist/healer may utilize a dispassionate, professional demeanor, they can still 'take on' the client's energy to a certain extent. Energy just does not go away somewhere and it cannot be destroyed. It can however be transmuted or transformed, so that it is rebalanced and benign. Even the idea of 'protection' can be counter-productive, and adopting a good practice of energetic hygiene is not just an option but a necessity. If therapists were as attentive to energy hygiene as they are with having clean towels, sheets, blankets and work area, then both the therapists and the clients would benefit greatly. What is required are effective tools to remain compassionate and supportive, while maintaining self-integrity on the levels of personal energy.

There are numerous techniques or approaches that are available to manage energy that are simple, easy and effective. The key to it all is awareness, intention and consistent practice. Our experience has shown us that we can all lead more peaceful and purposeful lives when we include the awareness of the world of energy that permeates all of us and the world around us. We welcome you into discovering the exciting, fun and intriguing world of energy, a journey that will benefit you professionally and personally for the rest of your life.

Isaac and Lynn are intuitive counselors, energy healers and facilitators of workshops and seminars. For more information please call 01236-824851, or email: angels_lynn@yahoo.co.uk.

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