

Certificate in Integrative Palliative Care – 3
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Week-05
Lecture 39: Introductory Dialogue

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Hello friends. Namaskar. One month of our certificate program in Integrative Palliative Care is over four weeks and now we enter the fifth week. Week number five pertains to energy healing.

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What Is Energy Healing?

- The term energy medicine was coined in the 1980s to describe a form of complementary and alternative medicine (CAM). It's also known as:
 - Energy Healing
 - Subtle Energy Healing
 - Mind-body Medicine
 - Vibrational Medicine
- It's based on the belief that the body is permeated by an energy field that can affect our health and well-being, also called subtle energy, vibrational energy, or simply life force.
- Known as qi in Traditional Chinese Medicine or prana in Ayurveda, it's believed that we can work with this energy to find balance and healing.

What is energy healing? The term energy medicine was coined in the 1980s to describe a form of complementary and alternative medicine. It is also known as energy healing, subtle energy healing, mind-body meditation and vibrational medicine.

In fourth week, you read and you learnt about pranic healing. Pranic healing is also basically a type of energy healing modality because pranic, the word pranic comes through prana, vital life force. In traditional Chinese medicine, it is called Qi. In India, we refer it as Prana, Prana Shakti, the vital life force.

So, this particular term, energy is not uncommon to you, we know about it. It is based on the belief that the body is permeated by an energy field that can affect our health and well-being. Also called subtle energy, vibrational energy or simply life force, we call it prana or chi. Known as chi in traditional Chinese medicine or prana in Ayurveda, it is believed that we can work with this energy to find balance and healing in our life.

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Week number 5, we will have 7 lessons in this particular energy healing modality.

Firstly, we will talk about remote energy healing. How do we pass energy healing modality at a distance from place A to place B? Then we will speak about Reiki. After second lesson of Reiki, we will come to Reiki, symbols and meaning. Then we will find out the differences between Reiki and pranic healing. Reiki you are learning now in this week number 5 and pranic healing you learnt in week number four that is the last week.

Qi Gong, Tai Chi again these two are traditional Chinese medicine modalities and then the newly generated emotional freedom technique EFT.

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Remote energy healing.

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Types Of Energy Healing

Several modalities may include energy healing, including:

- Reiki
- Acupuncture
- Touch Therapy
- EFT Tapping
- Tai Chi
- Polarity Balancing
- Chakra Balancing
- Crystal Healing
- Aura Cleansing
- Qui Gong

In remote energy healing several modalities are there like Reiki we will see, acupuncture again we will see. We learn about acupuncture as well as acupressure, then touch therapy, EFT tapping, tai chi, polarity balancing, chakra balancing, crystal healing, aura cleansing, Qui Gong, these are all types of energy healing and most of these modalities we will cover in this week.

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REIKI

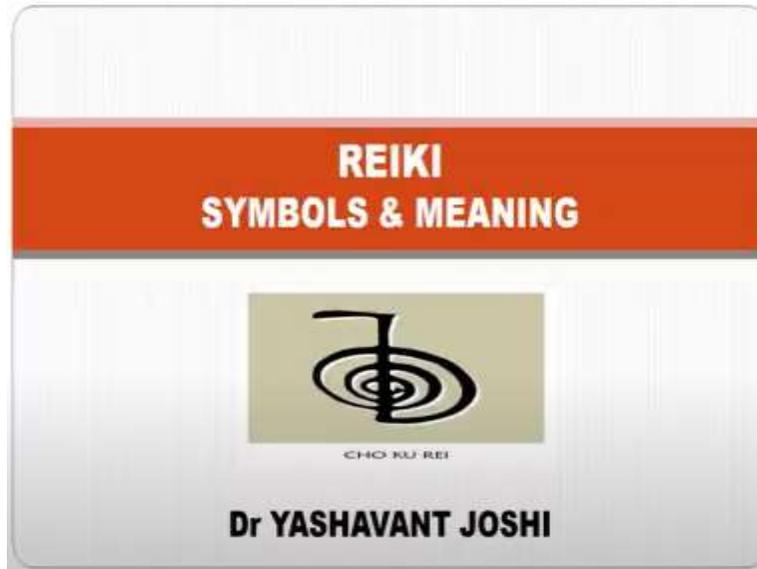
- Reiki means universal energy and is a Japanese energy healing method to promote overall well-being and relaxation. During a session, a practitioner puts their hands on or above your body and you may feel heat or tingling coming from their hands.
- The predominant form of Reiki practiced worldwide today, also known as Usui reiki, was created by Dr. Mikao Usui in the early 20th century.
- Reiki is a complementary or alternative health approach. It does not directly cure diseases or illnesses. Instead, it's used to manage and improve general well-being.
- During a Reiki session, the practitioner places their hands directly on you or above you to bring about healing. The belief is that the practitioner can stimulate your body's natural healing abilities.

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Ki or you can say chi is a vital life force. It is a Japanese energy healing method to promote overall well-being and relaxation. During Reiki session, a practitioner puts their hands on or above your body and you may feel heat or tingling coming from their hands. The predominant form of Reiki practiced worldwide today also known as Usui Reiki was created by Dr. Mikau Usai in the early 20th century.

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Reiki symbols.

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What are Reiki symbols?

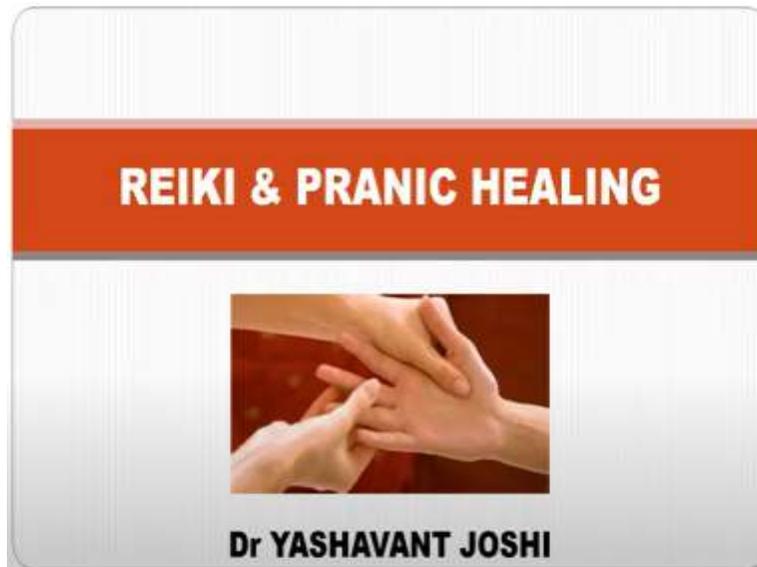
- Although Reiki symbols are traditionally supposed to be kept a secret, over the years they've gotten quite a bit of exposure and buzz. That being said, here's a breakdown.
- Reiki symbols are the traditional symbols or glyphs used by Reiki practitioners to assist in healing or moving energy. They are often drawn, visualized, or meditated on during a Reiki session.
- While in most cases, symbols really only affect the subconscious, Reiki symbols work a bit differently—they actually alert the mind and body to change the way the Reiki energy functions.
- To activate them, Reiki practitioners can visualize the Reiki symbols, say their names out loud, etc. As long as you're using intention in the activation process, you can make it happen.

Although Reiki symbols are traditionally supposed to be kept a secret, earlier they were secret, it was not known to everybody, but now of course everybody knows about it and that is what I am talking about these symbols to you. But over the years they have gotten quite a bit of exposure and buzz. That being said, here is a breakdown. Reiki symbols are the traditional symbols or glimpse used by Reiki practitioners to assist in the healing or moving energy.

They are often drawn, visualized or meditated on during a Reiki session. The symbols are being used in three forms the Reiki practitioners Either he draws the symbol somewhere either on the wall or on a board. He visualizes in his mind during the practice. And third, he meditates on it when he is doing the Reiki practice on the patient, on the client. He is meditating this Reiki symbol in his mind.

So, three forms he applies during Reiki practice. While in most cases, symbols really only affect the subconscious Reiki symbols, Reiki symbols work a bit differently. They actually alert the mind and body to change the way the Reiki energy functions. To activate them, Reiki practitioners can visualize the Reiki symbols, say their names out loud, etc. As long as you are using intention in the activation process, you can make it happen.

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Reiki and Pranic Healing, what are the differences?

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Pranic Healing vs Reiki

- It's commonly accepted that we have 7 major chakras and each has a specific function in our body.
- Energy flows through the chakras to the various parts of the body and any malfunction or obstruction in the path would result in ailments in the body. Pranic Healing helps change this condition of the energy body and works on regulating the energy flow thereby maintaining a healthy body.
- Reiki on the other hand works on transference of "universal" energy through the practitioner to the patient to promote healing. There is also use of ancient symbols for this purpose.
- It is not necessary to go through an ailment to practice these techniques, one can learn and practice them at any point in life for holistic well-being.

It is commonly accepted that we have seven major chakras and each has a specific function in our body. About chakra theory that is a Indian concept of vital life force that is the prana. There are seven major chakras starting from the top sahasrara it goes down bottom seventh chakra muladhara. This again you must have studied in week number three yogic therapy and with number four pranic healing. Now, this seven chakras they have got a major specific function in our body, pranic healing depends on this seven chakras.

Energy flows through the chakras to the various parts of the body and any malfunction or obstruction in the path would result in ailments in the body. Pranic healing helps change this condition of the energy body and works on regulating the energy flow thereby maintaining a healthy body. Reiki on the other hand works on transference of universal energy through the practitioner to the patient. He places his hand on or above the body and he transfers the energy from his hand to the ailing part of the patient. There is also use of ancient symbols for this purpose.

There are five main symbols. It is not necessary to go through an ailment to practice these techniques. One can learn and practice them at any point in life for holistic well-being.

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Qigong Meditation Techniques

- **Qigong meditation is an ancient Chinese healing practice that combines controlled breathing, gentle movement, and meditation to promote good mental, physical, and spiritual health.**
- Similar to tai chi, qigong meditation is believed to treat a variety of health conditions, including high blood pressure, heart disease, diabetes, chronic fatigue, insomnia, and leg and back pain, among others. Yet, research backing these claims is limited.
- With qigong meditation growing in popularity, you may wonder whether it's something you should try.

Qigong, it is again an ancient Chinese healing practice that combines controlled breathing, gentle movement and meditation, all the three things are being used in Qigong. Controlled breathing, breathing is controlled, we call it pranayam.

Gentle movement, gentle movement of the body, you do not get exhausted, no stressful movement and meditation to promote good mental, physical and spiritual health, total health, holistic health. Similar to tai chi, Qigong meditation is believed to treat a variety of health conditions including high blood pressure, heart diseases, diabetes, chronic fatigue, insomnia and leg and back pain. Among others, yet research backing these claims is limited, scientific research is very less, but in any case all these traditional Chinese medicines are very, very popular in Asia and in western countries of course.

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In china it is there with qigong meditation growing in popularity you may wonder whether it is something you should try tai chi they call it meditation in motion you just see the pose is firmly his feet are firmly based on the ground he is in a gentle movement, leaning forward, his hands are forward, his head is high, focusing. And therefore, we say focus gives that feel of meditation.

And motion, it is just because of the body motion, legs, body and the hand.

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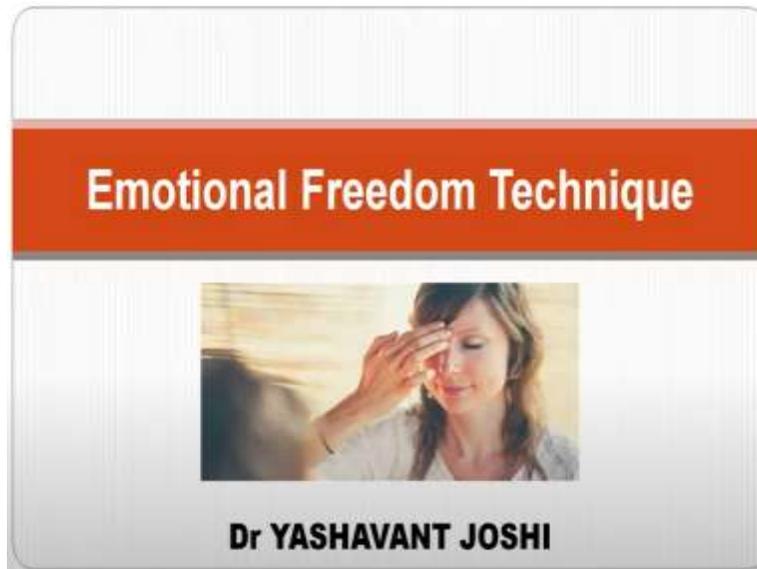
What is Tai Chi?

- **Short for t'ai chi chüan, Tai Chi is rooted in Chinese medicine - qigong to be exact and is thousands of years old.**
- The practice fuses both martial arts and meditation, which might seem like an unlikely combination. However, the idea is to slow down both your mind and body by repeating rhythmic choreography and breath work for about 30 to 60 minutes.
- Ideally, this culminates in finding a sense of inner peace and tranquility. In addition, the art of Tai Chi is used to help improve your physical health.
- If you were to look at someone practicing Tai Chi, it would

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In addition, the art of Tai Chi is used to help improve your physical health. If you have to look at someone practicing Tai Chi, it would look as if he is moving forward.

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Last in this week is emotional freedom technique.

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Emotional Freedom Technique

- Emotional Freedom Technique (EFT) is an alternative treatment for physical pain and emotional distress. It's also referred to as tapping or psychological acupressure.
- People who use this technique believe tapping the body can create a balance in your energy system and treat pain. According to its developer, Gary Craig, disruption in energy is the cause of all negative emotions and pain.
- Though still being researched, EFT tapping has been used to treat people with anxiety and people with post-traumatic stress disorder (PTSD).

Emotional freedom technique EFT or some people call it EFT tapping is an alternative treatment for physical pain and emotional distress. It is also referred to as tapping or psychological acupressure.

People who use this technique believe tapping the body can create a balance in your energy system and treat pain. Tapping you just do like this. You have to tap it with your finger. According to its developer Gary Craig, disruption energy is the cause of all negative emotions and pain. Though still being researched, EFT tapping has been used to treat people with anxiety and people with post-traumatic stress disorder. Thank you friends.