

**Certificate in Integrative Palliative Care – 3**  
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**Week-05**  
**Lecture 40: Remote Energy Healing**

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Week number 5, lecture number 2, remote energy healing. This is the first lecture of week number 5 which pertains to energy healing. The heading is remote energy healing. Basically we are going to talk about energy healing, but I added remote because during the time of COVID, this particular type of energy healing was very very useful to the people all over the world.

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## PRELUDE

- With the COVID-19 pandemic forcing many to stay home, a lot of "normal" life went online. From work to fitness to social life, much of the world now relies on online platforms to stay connected.
- It's no surprise that there's been a rise in virtual well-being services, too.
- While online therapy or counseling is nothing new, more alternative practices have also made their offerings video-friendly. Take, for example, remote energy healing, something I had the opportunity to try earlier particularly Reiki.
- I'm a big fan of alternative medicine and have had a lot of success with this type of healing in the past. But that was in person.

With the COVID-19 pandemic forcing many to stay at home, a lot of normal life went online. From work to fitness to social life, much of the world now relies on online platforms to stay connected.

It is no surprise that there has been a rise in virtual well-being services too. While online therapy or counselling is nothing new, more alternative practices have also made their offerings and they are video friendly. Take for example, remote energy healing. Something this particular author She is Elizabeth Bennett.

I am going to narrate her experiences during this particular lecture. So, something she had the opportunity to try earlier and that particular energy healing system was Reiki. Even I am also a big fan of alternative medicine and have had a lot of success with this type of healing in the past, but that was in person. I never practiced on others.

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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 or Biofield.**
- 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 that we generally call CAM, complementary and alternative medicine.

It is also known as energy healing, subtle energy healing, mind-body medicine and vibrational medicine. 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 or biofield. This particular term subtle energy or biofield, it has been already told to you, during the week in which we have spoken about pranic healing. This particular energy is known as Qi in traditional Chinese medicine and Prana in Ayurveda. It is believed that we can work with this energy to find balance and healing.

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## BIO-FIELD

- It is a complex energy field that surrounds and permeates the body, and is made up of electromagnetic fields generated by the body's cells, tissues and organs.
- It's believed to play a vital role in maintaining health and vitality, and regulating physiological processes.
- Biofield Science is an emerging field of study and useful concept for understanding the scientific basis of Energy Medicine.

What is biofield? It is a complex energy field that surrounds and permeates the body and is made up of electromagnetic field generated by the body's cells, tissues and organs. It is believed to play a vital role in maintaining health and vitality and regulating physiological processes. Biofield science is an emerging field of study and useful concept for understanding the scientific basis of energy medicine.

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## What Is Energy Healing?

- According to most CAM philosophies, both physical and mental ill health conditions can come about when this **energy is stuck or not flowing properly.**
- The goal of energy healing is to restore the balance of energy to support physical, mental, and emotional well-being.
- Energy healing practices can involve physically touching the body or working non-physically with the body's energy.
- **The latter type of practice can, in theory, be done remotely.**

What is energy healing? According to most CAM there is complementary and alternative medicine philosophies, both physical and mental health conditions can come about when

this energy is stuck or not going properly. This is going to be told to you in our next week's program that is acupressure and acupuncture.

The goal of energy healing is to restore the balance of energy to support physical, mental and emotional well-being. Energy healing practices can involve physically, touching the body or working non-physically with the body's energy. The later type of practice can in theory be done remotely also when the practitioner is not going to touch your body.

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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

Now, these are the type of energy healing practices which are generally practiced all over the world. Several modalities are there.

First is Reiki, second is acupuncture, then touch therapy, EFT that is emotional freedom technique, then Tai Chi. Polarity Balancing, Chakra Balancing, Crystal Healing, Aura Cleansing and Qi Gong. Now the types of energy healing which are mentioned in color red that is Reiki, EFT tapping, Tai Chi and Qi Gong, we will be discussing in this particular week that is week number 5 about energy healing. Acupuncture we will just see in week number 6.

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### Remote Practice

- Some of these practices are supported by scientific evidence, while others aren't. In addition, only some can be done via distance.
- For example, Reiki, Chakra Healing, and Aura Cleansing are three types of practices that can be done remotely, while acupuncture, which uses needles to stimulate energy flow in the body, can't.

Remote practice.

Which are the energies which can be practiced through remote practice? Some of these practices are supported by scientific evidence while others are not. In addition, only some can be done via distance. For example, Reiki, Chakra healing and Aura cleansing are three types of practices that can be done remotely. About aura cleansing, you must have learnt during pranik healing. The lectures were delivered by Dr Usha from Haridwar.

While acupuncture which uses needles to stimulate energy flow in the body cannot, it cannot be practiced remotely.

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## 1. Reiki

- Reiki is an increasingly well-known type of energy healing.
- The Japanese technique was created in the **early 20th century** and involves a practitioner placing their hands near the body to stimulate energy flow and promote healing.



What is Reiki? Reiki is an increasingly well-known type of energy healing. The Japanese technique was created in the early 20th century and involves a practitioner placing their hands near the body to stimulate energy flow and promote healing. I am also a Reiki master, I have done all the three levels that is level 1, level 2, level 3, but I never practiced, sometimes I practiced on myself, but never gave Reiki practice to anybody else, because I was already involved in meditation.

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## 2. Acupuncture

- Acupuncture, the practice of treating conditions through **triggering certain points on the skin with needles,** may help with allergies, migraines, or insomnia. Acupuncture is an evidence based medicine that has been proven by literally thousands of studies.
- Acupuncture is a form of medical treatment that's been used for hundreds - even thousands - of years. Acupuncture originated in traditional Chinese medicine.

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### 3. Touch Therapy

- **Therapeutic Touch** is based on the belief that the subtle manipulation of the body's energetic **bio-field** can promote well-being and healing. Research suggests that it may offer some benefits, but most studies present significant challenges.
- **This was developed by Dolores Krieger and Dora Kunz in the 1970s.** Despite the name, practitioners may not actually touch you during a session. Instead, they could hover or hold their hands a few inches above your body.
- Therapeutic Touch is sometimes referred to as Touch Therapy.

Touch Therapy, therapeutic touch is based on the belief that the subtle manipulation of the body's energetic biofield can promote well-being and healing. Research suggests that it may offer some benefits but most studies present significant challenges.

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## 4. EFT Tapping

- **Emotional Freedom Technique** (EFT), which people often refer to as EFT tapping, is an alternative therapy for anxiety, post-traumatic stress disorder (PTSD), and some other conditions.
- According to the developer of EFT, **Gary Craig**, tapping on different parts of the body helps balance energy and reduce physical and emotional pain. People can see an EFT practitioner for treatment or treat themselves using this technique.
- There have been relatively few studies on EFT, but the body of research has grown in recent years.

EFT tapping, emotional freedom technique which people often refer to as EFT tapping is an alternative therapy for anxiety, post traumatic stress disorder and some other conditions.

According to the developer of EFT Gary Craig, Tapping on different parts of the body helps balance energy and reduce physical and emotional pain. People can see an EFT practitioner for treatment or treat themselves using this particular technique. This tapping can be done by yourself also, you do not require the help of a practitioner if you have practiced it properly. There have been relatively few studies on EFT but the body of research has grown in recent years.

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## 5. Tai Chi

- Short for t'ai chi chüan (Method of Movement That Cultivates Inner Peace), 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.

Tai Chi, it is short of Tai Chi Chuan, that is a method of movement that cultivates inner peace.

Tai Chi is rooted in Chinese medicine. Qigong to be exact and is thousands of years old. Tai Chi is, it has come basically from Qigong. Qigong has got many other side subjects and one of them is Tai Chi. The practice fuses both martial arts and meditation, which might seem like an unlikely communication, because when you are learning how to fight, how to defend yourself, and at the same time, in the same breath, if you talk about meditation, maintaining calmness in your mind, it is something contradictory.

However, this 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.

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## 6. Polarity Balancing

- Polarity Balancing is an alternative medical technique that uses a combination of hands-on healing, meditation, and other techniques to help balance the body's energy.
- **Techniques: May include:**
  - Gentle Hands-on Healing Techniques
  - Meditation
  - Positive Thought and Attitudes
  - Healthy Nutrition
  - Exercise
  - Counselling

Polarity balancing. Polarity balancing is an alternative medical technique that uses a combination of hands-on healing meditation and other techniques to help balance the body's energy.

These techniques may include gentle hands-on healing techniques, meditation, positive thoughts and attitude, healthy nutrition, exercise and counseling.

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## 7. Chakra Balancing (Healing)

- **Chakra healing is an ancient Indian healing modality.** It's believed that we have seven main chakras, or energy centers, in the body, as well as potentially hundreds of lesser-known chakras. When the chakras are all in balance, the theory goes, we feel optimum health and well-being.
- In a chakra healing session, a practitioner may use a mix of different techniques:
  - Crystals and Breathing
  - Yoga, Meditation & Mantra
  - Diet & Exercises
  - Essential Oils, Nature

Chakra balancing or healing. Chakra healing is an ancient Indian healing modality. It is believed that we have seven main chakras or energy centers in the body as well as potentially hundreds of lesser known chakras. This particular thing about the chakra you must have learnt in pranic healing.

When the chakras are all in balance, the theory goes we feel optimum health and well-being. In a chakra healing session, a practitioner may use a mix of different techniques like crystals and breathing, yoga, meditation and mantra, diet and exercises, as well as just like aromatherapy, essential oils and nature.

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## 8. Crystal Healing

- Some people claim that crystals promote the flow of good energy and help rid your body and mind of negative energy for physical and emotional benefits. Certain crystals benefit your sleep, help you manifest your desires, and add on an additional healing element to Reiki.
- In one method, the practitioner places crystals on different parts of the body, often corresponding chakras; or else the practitioner places crystals around the body in an attempt to construct an energy grid, which is purported to surround the client with healing energy.

Crystals healing. Some people claim that crystals promote the flow of good energy and help rid your body and mind of negative energy for physical and emotional benefits. Certain crystals benefit your sleep, help you manifest your desires and add on an additional healing element to Reiki.

In one method, the practitioner places crystals on different parts of body, often corresponding chakras or else the practitioner places crystals around the body in an attempt to construct an energy grid which is purported to surround the client with healing energy.

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## 9. Aura Cleansing

- **Aura cleansing is also believed to be rooted in ancient Indian medicine.** The aura is said to be the energy that surrounds the body, creating an external "bio-field." Different people may have different colors showing up in their auras at any given time. It cleanses your aura of other energies that are not your own.
- In an aura cleansing session, a practitioner uses items to cleanse the aura, including:
  - Meditation & Breathing
  - Sound
  - Crystals

Aura Cleaning Aura cleansing is also believed to be rooted in ancient Indian medicine. Aura is basically connected with our prana and from prana comes the pranic healing. The aura is said to be the energy that surrounds the body creating an external biofield. Different people may have different colors showing up in their auras at any given time.

It cleanses your aura of other energies that are not your own. In an aura cleansing session, a practitioner uses items to cleanse the aura includes meditation, and breathing, sound and crystals.

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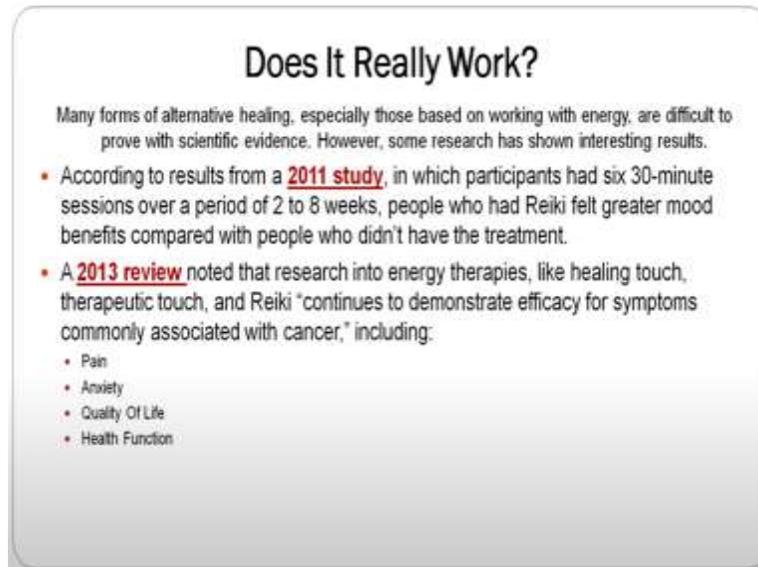
## 10. Qui Gong

- Qigong (pronounced "chee-gong") meditation is an ancient Chinese healing practice that combines meditation, controlled breathing, and gentle movement.
- It's roughly translated as **"the master of one's energy"** and combines two important concepts of Traditional Chinese medicine (TCM). Qi roughly translates to "vital life force," while gong means mastery or cultivation.

Qi Gong, it is written as Qui Gong, but Q is pronounced as Qi. Meditation is an ancient Chinese healing practice that combines meditation, controlled breathing and gentle movement. It is roughly translated as the master of one's energy and combines two important concepts of traditional Chinese medicine.

Qi roughly translates to vital life force while Gong means mastery of or cultivation.

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**Does It Really Work?**

Many forms of alternative healing, especially those based on working with energy, are difficult to prove with scientific evidence. However, some research has shown interesting results.

- According to results from a **2011 study**, in which participants had six 30-minute sessions over a period of 2 to 8 weeks, people who had Reiki felt greater mood benefits compared with people who didn't have the treatment.
- A **2013 review** noted that research into energy therapies, like healing touch, therapeutic touch, and Reiki "continues to demonstrate efficacy for symptoms commonly associated with cancer," including:
  - Pain
  - Anxiety
  - Quality Of Life
  - Health Function

How does all these things energy healing really work? Many forms of alternative healing especially those based on working with energy are difficult to prove with scientific evidence. However, certain research have been carried out. Let us see which are those results. According to the results from a two thousand eleven study in which participants had six thirty minutes sessions over a period of two to eight weeks.

People who were reiki felt greater mood benefits compared with people who did not have the treatment that means sometimes reiki enhances your mood and you feel great after few sessions. A two thousand thirteen review that review noted that research into energy therapies like healing touch, therapeutic touch and Reiki continues to demonstrate efficacy for symptoms commonly associated with cancer. So, some research of 2013 dimension that yes it can affect certain symptoms of cancer also like pain, anxiety, it can increase the quality of life of the patients and certain health functions.

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### Does It Really Work?

- When it comes to remote energy healing, some shows promise.
- A 2014 review of randomized trials suggested that Reiki therapy may help reduce pain and anxiety, though more research is needed.
- A pilot 2015 study found that although there's less research people being treated for cancer who received 30-minute sessions of distant Reiki for 5 days, in addition to regular medical care, had lower levels of pain, anxiety, and fatigue.

When it comes to remote energy healing, certain things shows promise. 2014 review, that review of randomized trial suggested that Reiki therapy may help reduce pain and anxiety though more research is needed.

A pilot study of 2015 found that although there is less research people being treated for cancer who receive 30 minute sessions of distant Reiki for 5 days. They took sessions for 5 days. In addition to regular medical care, had lower level of pain, anxiety and fatigue. Yes, it can reduce the pain, anxiety and thus it can increase the quality of life of the patients.

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## REFERENCES



- Elizabeth Bennett is a British journalist covering beauty, health, and wellness. Her work has appeared in ELLE, Refinery 29, Marie Claire, and Women's Health.
- Medically reviewed by Cheryl Crumpler, PhD
- Written by Elizabeth Bennett on September 16, 2021

These references I have taken from Elizabeth Bennett and she is a British journalist.

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## My Personal Experience...

*(Elizabeth Bennett)*

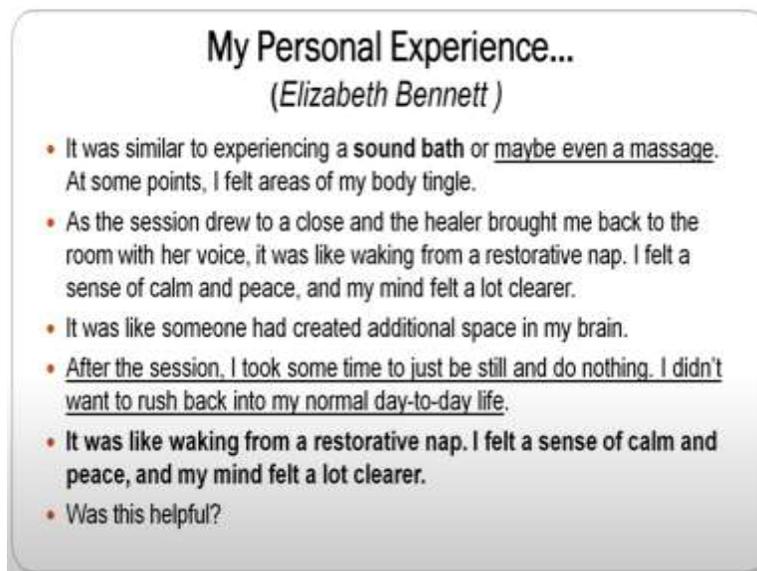
- I tried a remote healing session from a practitioner trained in Reiki.
- My session took place over Zoom and lasted around 40 minutes. It kicked off with a little introduction from the practitioner about what energy healing is and how the session would work.
- Next, we spoke about how I was feeling and my expectations for the session. At that moment in time, I was feeling a little overwhelmed and stressed with the amount of work on my plate.
- During the midst of the pandemic, I was also having a hard time with the constant uncertainty and 'what ifs' of life.
- We started by doing a few minutes of breathing exercises together to help me feel calm, relaxed, and ready to receive the healing.
- After that, I lay down on my bed under a blanket with an eye mask on. I positioned my laptop to face me, so the practitioner could see me through the camera.

Let us see what is her personal experience when she took Reiki during COVID time. In her own words, I tried a remote healing session from a practitioner trained in Reiki. My session took place over Zoom and lasted around 40 minutes. The session took about 40 minutes. It kicked off with a little introduction from the practitioner about what energy healing is and how the session would work.

Normal introduction from a practitioner to the client. Next, we spoke about how I was feeling and my expectation for the session. At that moment in time, I was feeling a little overwhelmed and stressed with the amount of work on my plate. I was very busy, but still I had taken this particular session, so I was little worried, stressful. During the midst of the pandemic, I was also having a hard time with the constant uncertainty and what life it is about.

We started by doing a few minutes of breathing exercises together to help me feel calm, relaxed and ready to receive the healing. After that, I lay down on my bed under a blanket with an eye mask on. I positioned my laptop to face me, so the practitioner could see me through the camera.

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**My Personal Experience...**  
*(Elizabeth Bennett)*

- It was similar to experiencing a **sound bath** or maybe even a massage. At some points, I felt areas of my body tingle.
- As the session drew to a close and the healer brought me back to the room with her voice, it was like waking from a restorative nap. I felt a sense of calm and peace, and my mind felt a lot clearer.
- It was like someone had created additional space in my brain.
- After the session, I took some time to just be still and do nothing. I didn't want to rush back into my normal day-to-day life.
- It was like waking from a restorative nap. I felt a sense of calm and peace, and my mind felt a lot clearer.
- Was this helpful?

My personal experience, this is again of Elizabeth Bennett. It was similar to experiencing a sound bath or maybe even a massage at some points.

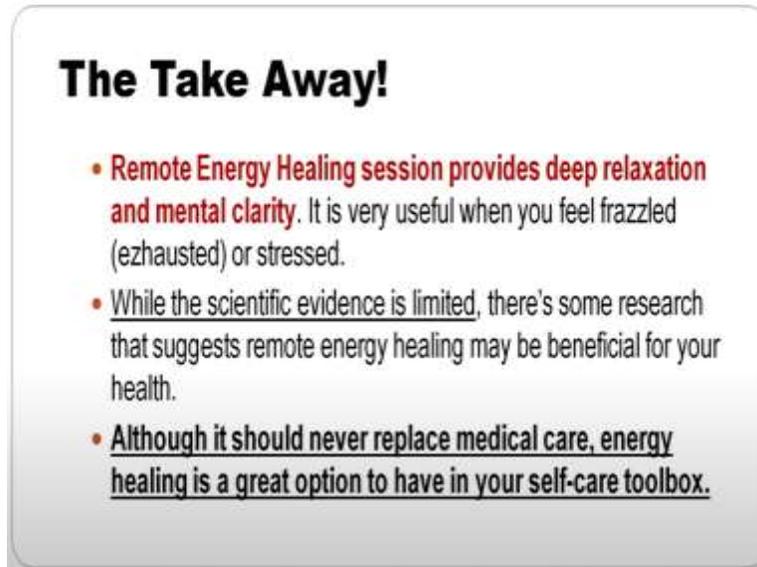
I felt areas of my body tingle after Reiki being practiced. As the sessions drew to a close and the healer brought me back to the room with her voice, it was like walking from a restorative nap. I felt a sense of calm and peace and my mind felt a lot clearer. It was like someone had created additional space in my brain. After the session, I took some time to just be still and do nothing.

I didn't want to rush back into my normal day-to-day life. It was like waking from a restorative nap. I felt a sense of calm and peace and my mind felt a lot clearer. Was this

helpful? Yes. These are the experiences of most of the people who have taken Reiki from the experienced practitioners.

Reiki definitely provides a sense of calm and peace and the client feels happier, little less of stress.

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**The Take Away!**

- **Remote Energy Healing session provides deep relaxation and mental clarity.** It is very useful when you feel frazzled (ezhausted) or stressed.
- While the scientific evidence is limited, there's some research that suggests remote energy healing may be beneficial for your health.
- Although it should never replace medical care, energy healing is a great option to have in your self-care toolbox.

What are the take away messages? Remote energy healing session provides deep relaxation and mental clarity. That is very very clear. It provides deep relaxation and mental soundness. It is very useful when you feel fragile, exhausted or stressed.

It gives you the calmness, the peace of mind. Of course, the scientific evidence is limited. There is some research that suggests remote energy healing may be beneficial for health. Certain researches have been done in western countries and they say that yes, it is beneficial. Although, there is a caution here, remote energy healing should never replace medical care. Whatever you may take about remote energy healing, you must consult your doctor and whatever medical care you are taking that must continue.

Energy healing is a great option to have in your self-care toolbox. Thank you friends.