

ENERGY

healing

HOW IT REALLY WORKS

What actually happens in an energy healing session? Angela Barrett talks to three practitioners to find out



PENNY SHORT
Energy healer

"I was a primary school teacher and became an energy healer after working in Arnhem Land.

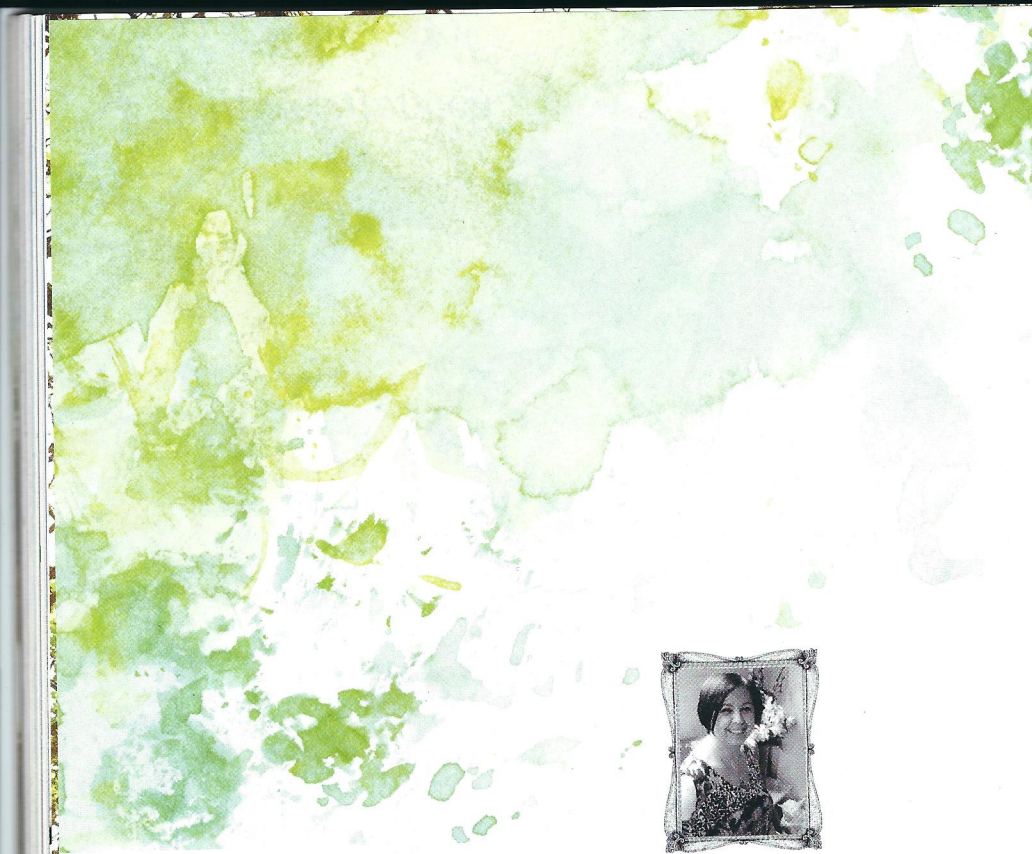
Several of us working there became extremely unwell after a vaccination. I was struck down with a chronic fatigue type condition. After a year of trying every medical avenue, I turned to alternative therapies and finally became well. It was then that I decided to become a healer.

The people of Arnhem Land (in the Northern Territory) are very

in touch with the 'unseen'. I really started getting in touch with energy and the spirit world when I was there.

Energy healing is designed to free the human energy field of blocks or restrictions to allow brightness, clarity and calmness to come through. It allows the chakras and other aspects of the subtle energy field (the unseen energy around the physical body) to release congestion or turbulence so the energy can return to its natural flow. It's like taking the car for a service: the engine runs more efficiently afterwards.

During my treatments, you lie on the massage table and I connect with your chakras and energy points. I place my hands over each point, feel the blocks and use the energy flowing from my hand to restore optimum energy flow. The energy I use for healing comes when I connect with the Source, or God. The ►



healing happens by osmosis, where the concentration of matter on either side of a barrier equalises: the person's energy comes into sync with the heightened energy flowing through me from the Source, or God.

As the body releases its blocks, memories and emotions usually come up for people. I talk to them about these so they gain a greater understanding of what was blocking their energy. I also offer a 12-week treatment known as 'energetic alignment'. It's a comprehensive and powerful upgrade of the whole energy system.

Energy healing helps you feel more connected to yourself and what feels right for you. Old patterns of behaviour drop away and connections with other people become more honest. You feel calmer, clearer, grounded and more able to cope with challenges and decisions.

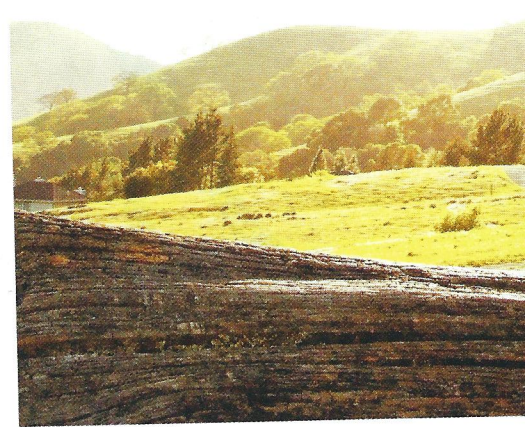
I also clear houses of 'bad energy'. It's not just deceased people – it can be a residue of drugs, violence or arguments.

The most important thing I've learned is about the power of intention. When you have a strong intention to live in alignment with your true self, you attract the people, places and situations you need."



ADRIANA VIGLIONE
Medical intuitive

"I was led to do the work I do by John of God who I visited for healing during my second bout of cancer in 2000.



John of God is a spiritual healer in Brazil. He told me I was healed and that I would now be working with my hands doing energy work. This didn't make sense as I was a community worker and I didn't

believe in God, the spirit world or energy healing.

When I returned to Australia, I started 'seeing' spirits and feeling energy. The ability and knowledge started coming to me and people started coming to me for healing.

I connect to God or 'the source'. This gives me the ability to feel a person's energy and to 'see' in my mind's eye what's happening inside them and what needs to be healed. As I hover my hand above their abdomen I can feel blockages, pain and disturbed energy. If they have physical pain, I feel it in my body. The healing energy flows from God or the Source, through me and my hand into the person I'm treating. I feel the blockage lifting and moving until there is no blockage left. Most people feel the energy as a warmth or a current.

I've worked with quite a few people with cancer. The healing gives them emotional strength. I don't claim to cure people of cancer and other illnesses, but sometimes remarkable change happens after someone sees me. A woman with multiple sclerosis – who I worked on every week for two months and who came on a tour to see John of God – went back to her neurologist who was amazed that some of the lesions on her brain had disappeared.

Australians have become more open to energetic healing. Another aspect of my healing work is taking groups of people from Australia to Brazil to see John of God. The groups are growing, and with every visit my intuitive and healing abilities grow stronger. (John of God will also be visiting Sydney in November 2014 for a three-day prayer, meditation and healing event.)

As a healer, treating both rich and poor people, I've learned that deep down we are all the same. Some people put on a front, but we all have the same fears and hopes and want to be loved and accepted. We should learn to accept each other's differences and not to judge."