

LET'S TALK ABOUT

ENERGY HEALING

HOW TO USE ENERGY TO HEAL YOURSELF AND OTHERS?



*WHAT YOU NEED IS NOT IN SOMEONE ELSE,
BUT WITHIN YOURSELF*

BY YUXIN CONG

HOW DOES ENERGY HEALING WORK?

OVERVIEW

The energy healing method I'm introducing here involves tapping into the universal life force energy and allowing it to flow through the energy centres in our bodies. As this energy flows, it naturally works to restore balance within these centres. When we are balanced internally, our external reality reflects this harmony. This is why energy healing can support us in navigating physical, emotional, and situational challenges.

If you focus solely on using energy to “get something” you desperately desire, it often won't work as intended. True energy alignment isn't about force or control - it's about allowing and trusting. Aligning with universal energy means aligning with your highest potential. If things don't unfold 'smoothly', it often indicates valuable lessons waiting to be learned or areas within you that are ready to grow.

Let go of the need to control outcomes. The more you try to control, the less you trust, and this resistance can disrupt the natural flow of energy. Energy healing isn't a quick fix or a tool for instant gratification, like manifesting 'sudden' wealth. Instead, it's a practice of connection, trust, and surrender.

Energy healing involves visualisation, imagination, and trust in your inner wisdom. Initially, it might feel unfamiliar or even 'silly,' but try to suspend judgment and allow yourself to engage with the process.

Most importantly, trust your experience. If something feels right and resonates with you, keep exploring it. If it doesn't, honour your intuition and step away - this journey is YOURS to navigate.

BEFORE WE START:

WHERE DOES ENERGY COME FROM?

Energy healing works by channelling the universal life force energy - sometimes referred to as 'Source,' 'God,' or simply 'the Universe.'

The healer is not the source of the energy but acts as a conduit, allowing this energy to flow through them to where it's needed most.

This energy is infinite, free, and accessible to everyone. You don't need to earn it or be 'special' to connect with it.

A powerful healer is not someone with unique abilities but rather someone who has cultivated a strong connection to this energy, holds pure intentions, and is highly focused.

While working with a healer can be deeply beneficial, true transformation and healing ultimately come from within you. Never let anyone convince you that they are more powerful than you. The SAME universal energy flows through us all.

CAN ENERGY HEALING BE DANGEROUS?

Universal energy itself is loving. However, when you open yourself to energy work, it's possible to encounter different energies - just as you might meet 'kind' or 'unkind' people in the physical world.

Personally, before channelling energy, I visualise a white bubble of light surrounding my entire body. This shield is impenetrable and allows only love, healing, and energy aligned with my highest good to pass through. Make protection a consistent part of your practice to create a safe and sacred space for healing.

STEP 1: CALLING ENERGY IN

INTENTION & GRATITUDE

Intention is the cornerstone of energy healing. Before beginning any session, set a clear and loving intention for your practice. Intentions act as a guide for energy, directing its flow and purpose.

NEVER use energy to harm. What you send out always returns to you.

Gratitude is another key element. Gratitude amplifies your connection to universal energy. Take a moment to thank the energy for its presence and assistance.

Your intention directs energy, and gratitude amplifies it.

CALLING ENERGY IN

Create a personal ritual for inviting energy into your space. Some people use mantras, while others call upon spiritual guides or deities. There's no single 'correct' way, as long as your intention is pure and your heart is open, your method is valid.

You might start with a simple affirmation:

"I lovingly invite healing energy to flow through me."

Repeat this a few times, either aloud or silently, and allow yourself to feel the energy begin to flow.

Trust the process, trust yourself, and trust the energy.

STEP 2: THE HEALING

FEELING ENERGY IN YOUR HANDS

After inviting energy, focus on your hands. Some people feel warmth, tingling, or a magnetic sensation. If you feel nothing—that's okay. The energy is still working.

You can rub your hands together briskly and then hold them slightly apart. See if you notice any sensations.

PLACING YOUR HANDS FOR HEALING

Gently place your hands on the area of your body (or someone else's) that needs healing. Breathe deeply and focus on your intention.

You can whisper the affirmation “Thank you, please heal [specific area / specific person].” You don't need to ‘think’ about anything specific. If you do not want your mind to wander, keep repeating the affirmation.

STEP 3: CLOSING THE SESSION

When you feel ready, which can be anywhere from 5 minutes to an hour, gently remove your hands and express gratitude for the energy.

You can design your own closing ritual, for example, say the affirmation “Thank you, energy, for healing [specific person].”

Take some deep breaths and ground yourself before ending the healing practice. Having some water also helps.

STEP 4: TAKING ENERGY WORK ‘SERIOUSLY’

WHAT IF ‘NOTHING’ HAPPENS?

If this is your first time doing it, it’s likely that “nothing” will happen.

We take time to learn to walk, to run, to talk. We also take time to learn to sense and connect with energy. It’s unrealistic to expect yourself to connect to it instantly. You might not ‘feel’ anything, but with your intention and gratitude, it ‘works’ anyway.

BUILDING A RELATIONSHIP WITH ENERGY

Energy healing is a skill that takes practice to develop. The ‘effectiveness’ of your healing is dependent on how connected you are with energy. Connecting to energy is like forming a meaningful friendship - it requires time, trust, and consistency.

Invite universal energy to your life more by inviting it to energise your food, home, a situation, or anything you wish. Set a clear intention and allow the universe to work its magic.

Use energy creatively and have fun with it! Make your own rituals. For example, before eating, hold your hands over your meal and say, "Thank you, universal energy, for nourishing and energising this food." or, as you enter a room, visualise it filled with healing light.

CONCLUSION

INTENTION. GRATITUDE. LOVE.

Energy healing is powerful, and it all starts with your intention. Energy work is surprisingly SIMPLE. There is very little to 'learn'. It's all about connecting to it through consistent practice.

If you feel called to learn more about energy work, remember, that your own practice is more important than any teacher's guidance. There are NO secrets or shortcuts. This guide covers everything that you need to know about channelling universal energy. Courses can be helpful, as they offer structured practices to help you connect with energy, but without your honest practice, they can do nothing for you. Allow the energy to be your teacher.

YOU ARE MORE POWERFUL THAN YOU THINK.

ABOUT ME

I am a Usui Reiki Master who works intuitively.

My journey into energy work began almost three years ago in Sri Lanka. My serendipitous encounter with Reiki opened the door to deep exploration, leading me to study Reiki and energy work under various teachers.

For the past two years, I have been offering Reiki treatments both in person and remotely. Every healing session I facilitate is also a healing journey for me - a process of purification, growth, and gratitude.

I am so happy that you feel called to this path and am deeply honoured to offer guidance and support on your journey.

You can always reach me on Instagram: [@flow.by.yuxin](https://www.instagram.com/flow.by.yuxin).