

# EQUILIBRIUM

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Spirituality for Everyday People

# 17

## ENERGY MEDICINE

*‘Every day, someone new discovers energy medicine and it changes their life.’*

If the thought of a deep, spiritual experience is a little unsettling for you right now, don't despair! Because there are other ways to heal your soul energy and to bring more happiness and health into your life. We will now discuss some of the other energy therapies and techniques you can try which are all nice, gentle buffers to the deeper topics and experiences discussed in the previous chapter. Then, when you've had a chance to test the waters of energy medicine in this context, you may feel ready for a more ethereal spiritual experience.

All the information in this chapter complements the spiritual healings beautifully – so if you are ready to embrace it all, there's no reason why you can't experience them all, in whichever order you prefer.

## TAPPING

Also known as EFT (Emotional Freedom Technique), tapping is a technique involving the stimulation of specific meridian endpoints, combined with repetitive spoken word. Meridians are the energetic pathways that flow through the body, according to Traditional Chinese Medicine.

According to tapping therapists, tapping encourages the body, mind and soul to release negative energy in the form of tensions, memories, emotions and physical injuries.

While the meridians in the body are being stimulated through the tapping, you would first voice the negative emotions being experienced, followed by voicing some positive affirmations specific to the issue being dealt with. Say, for example, you have low confidence and this is something you would like to address. Whilst gently tapping the specific meridian endpoints, you would start by saying some things like:

‘I have low confidence,’

‘I have low self-esteem and I don’t know why,’

‘I feel sad and frustrated by this,’

Once you have worked through this negative mindset and acknowledged your emotions and how you feel and how it is affecting you, thereby releasing the negative energy, you continue the same tapping sequence and move on to the positive affirmations:

‘I am a confident person,’

‘I can easily make eye contact with people,’

‘I feel free,’

‘I feel light,’

‘My confidence empowers me,’

You get the idea! These positive affirmations, from an energetic viewpoint, are projecting a whole lot of positive energy to the issue you need help with. These positive affirmations are also helping to create a healthier mindset, through repetitive behaviour. These messages are delivered to the body, mind and soul through both the spoken word and through the tapping of the meridians.

There are tapping practitioners who specialise in this form of energy healing, or you can learn to do it yourself. There are benefits to having a practitioner perform the tapping healing; they are using their skills and experience, combined with their own intuition, to accurately target the areas in your body or your life that need attention. Sometimes, when you are in the throes of something big, it can be a good idea to reach out for help from someone who can be impartial and who isn’t emotionally attached to your issue; a tapping therapist would be ideal.

Tapping is extremely effective for healing emotional trauma. In fact, a quick online search will show that many reputable psychologists and councillors are now promoting the integration of this healing technique as a treatment component of their client sessions.

The act of tapping can also be a very grounding experience, helping to keep you connected to your body while you work through emotional trauma with your therapist. It helps to keep you present.

It is also used to provide what psychologists refer to as *sensory input* which, in everyday language, is a way to re-program the neural circuits in your brain, through the repetitive sense of touch. In other words, tapping can rewire the brain to respond

in healthy ways.

Tapping is reportedly a great way to relieve stress! Many people tap their meridian endpoints to diffuse a build-up of stress in their body and mind, and the results are often instant.

On the following pages, you will find a tapping exercise you can try the next time you feel stressed.

First, I'll walk you through the tapping sequence.

*Note: It doesn't matter how many fingers you use, and you want to apply gentle pressure; don't hurt yourself! The exact spot isn't important; the approximate area is totally okay. It doesn't matter which side of the body, or which hand you use; you can do both sides, or just pick one.*

Okay, here we go with the tapping sequence:

### **TAPPING SEQUENCE**

*First position:* outside edge of hand (between little finger and wrist)

*Second position:* inside edge of eyebrow (top of eye socket)

*Third position:* outside edge of eyebrow (outside edge of eye socket, near temple)

*Fourth position:* bony ridge beneath the eye (bottom edge of eye socket)

*Fifth position:* between nose and top lip

*Sixth position:* crease between lip and chin

*Seventh position:* collar bone (can use whole hand, or all fingers, for seventh, eighth and ninth positions)

*Eighth position:* side of ribcage (about a hand-width below armpit)

*Ninth position:* top of head

This is a full circuit of the tapping sequence.

Now that you have the hang of the tapping sequence, it's time to add the element of repetitive spoken word. As you work through the above tapping sequence repeatedly, you verbalise your thoughts:

### **SPOKEN WORD**

*Begin with a verbal intention of unconditional self-love, while tapping on position one – your hand:*

*'Even though I am stressed, I love and accept myself.'* Repeat this a couple of times, while still tapping on position one, if you feel inclined.

### **RELEASING THE NEGATIVE**

Then work through the remainder of the tapping sequence, from position two through to position nine, while you verbalise your truth – your inner thoughts. This is your opportunity to vent:

*'I feel stressed,'*

*'I feel angry,'*

*'I don't know why I feel this way,'*

*'I'm so sick of feeling this way,'*

*'I feel stressed,'*

*'I am tired,'*

*'I can't do this anymore,'*

These are just suggestions; whatever words come out of your mouth, as you tap through the first few rounds of the sequence, are right for you. You are venting. *You are releasing.* You can continuously work through this cycle, from position two to position nine, repeating this cycle once, twice, three times, or more, while saying whatever statements come to mind. Keep going with the releasing of your fears and frustrations, until you feel you can move to the next stage of the healing.

**REINFORCING THE POSITIVE**

Next, you are working through the same tapping sequence, from position two through to position nine, while making some positive statements around your stress, such as:

*'I am doing this,'*

*'I am strong and I am getting through this,'*

*'This is easy,'*

*'This is safe,'*

*'I am okay,'*

*'I am calm,'*

*'I am happy,'*

And so on. Again, these are just suggestions. Try saying whatever positive thoughts spring to mind. Repeat this positive cycle as many times as you need.

Once you have worked through your intention, worked through the negative, then worked through the positive, you need to close your eyes and take a big, deep breath in, then exhale. Re-centre yourself. Let it go. You should then feel so much better than when you first started! You can repeat this whole sequence as many times as you like – some people only need one full round, where others will work through the tapping sequence for an hour or so.

Some people notice immediate improvements, while others need to persist with it for a few days, but with practise, your mind, body and soul should begin to respond faster and faster with every tapping experience.

Use this technique as often as you need; let this free tool help you work through the stresses and negative moments in your life. And not only that, it can help you achieve a better night's sleep, a better relationship with food, with loved ones, with yourself. It can help you release anything you are internalizing, so you can be calmer and happier and enjoy a more healthful life.

## ACUPUNCTURE

Acupuncture is a Traditional Chinese Medicine (TCM) healing technique, where fine therapeutic needles are inserted into the skin, targeting different points along the meridians – the energetic channels within the body.

I had a chat with Dr Sarah George, a registered and qualified Acupuncturist, so she could give me some more insight into this modality. Sarah says historians date acupuncture back to around 200 BCE and it became popular in the West, following Richard Nixon's visit to China in the 1970s where he observed a surgical procedure undertaken only with acupuncture anaesthesia. Today, practitioners have the benefit of understanding the classical theories and techniques from the documented historical texts, as well as being trained in the latest developments in Western Biological Science. Modern day acupuncture is therefore a unique fusion of Traditional Chinese Medicine with Western Medicine.

Sarah says, traditionally in TCM terms, acupuncture rectifies the flow of qi through the meridians and through the flow of blood in the body. *Qi* is the TCM term for the body's life force or soul energy. This means if the qi is stagnant, acupuncture helps it flow. If the qi is rising too much, acupuncture can lower it and on the other hand, if the qi is sinking, it can be raised through acupuncture. If the qi is flowing in the wrong direction (known as rebellious qi), which can present as a cough or vomiting, acupuncture can help to harmonise. There may also be a deficiency of qi or blood, which can also be addressed. Sarah says, sometimes external forces such as Cold, Heat, Wind or Damp can penetrate the channels and cause stagnation (which is often associated with pain). The emotions also affect qi, such as – anger makes qi rise and worry knots qi, like a knot in the stomach.

During a treatment of acupuncture, you can expect to go through a thorough and holistic assessment of your main complaint as well as your general health, because it is seen that the systems of the body all influence each other. Practitioners may also consider blood test results, imaging or other Western diagnostic methods. This, and much more, is assessed by the practitioner which then leads to a Chinese Medicine Diagnosis.

You are then positioned comfortably on a treatment table, where the acupuncture will take place with the aim of remedying the diagnosis. Sarah says many first-time clients are afraid of the needles hurting, but she finds most people don't experience

any pain. Registered Acupuncturists are well trained and are required to abide by specific guidelines put in place, for the safety of the patient.

Acupuncture is typically a very relaxing treatment, with many patients falling asleep due to the deep relaxation experienced. Many people report sensations in their bodies during a treatment, such as warmth or a releasing feeling.

Sarah says Chinese Medicine has a strong commitment to nurturing and preserving life, known as Yang Sheng. With this in mind, your practitioner may prescribe changes to diet, exercise, sleep, or the way you manage your mental or emotional health.

Depending on what you are seeking treatment for and the severity of it, you may need anywhere from one single treatment to around three months of treatments. Some people seek the help of an Acupuncturist to manage a degenerative condition and in this case, treatment would be ongoing, as necessary.

One of the most profound experiences Sarah has had with acupuncture, was when she was a teenager. She had developed an ear infection in both ears and was in tremendous pain. She was unable to eat or talk and she had already been through three courses of antibiotics.

After a single acupuncture session, her pain had reduced significantly and by the next day, her ears were unblocked and the pain was gone. She has also experienced almost instantaneous results from acupuncture for blocked sinuses.

Acupuncture is popular in sports therapy and sports rehabilitation, and in pain management including chronic pain. Acupuncture is likely more widely accepted by society and by Western Medicine than other healing modalities, because of the physiological science behind it and because of the long, documented history of use and a growing body of research supporting the therapy.

While you wouldn't treat yourself with acupuncture, there are other techniques you can learn which have similar effects to the needles, such as *acupressure*.

An acupressure technique I was taught a few years ago, has served me and my family well for a variety of aches and pains. Whenever someone in my family experiences a muscle spasm or sudden muscle pain, I apply pressure using my middle finger and move it around the area until we have located the exact spot of the pain. We know when I have hit the spot that needs acupressure, because the pain will intensify significantly.

Once this trigger point is found, I apply firm pressure to this point for anywhere from a few seconds, to a minute or two. I release the pressure, and then apply it again. Repeating this, until the pain eases.

I don't apply too much pressure to cause extreme pain or discomfort; the pain should be bearable. This isn't necessarily a relaxing experience for the receiver! But it's efficient; it gets the job done quickly.

The next time you are feeling run down or moody, try using acupressure to help release your tensions.

Follow along with this simple acupressure exercise, and see how easy it is to do something nurturing and healing for yourself:

### **ACUPRESSURE EXERCISE**

Using all fingers, prod and poke all over your feet – top and bottom, sides, toes, in between toes, all over, until you find a specific spot that feels more painful or noticeable than the rest. You will know it when you find it!

Once you have identified this point (which, if you then did some research, would discover it's most likely a meridian endpoint), apply firm pressure with your finger or thumb, until the pain or discomfort subsides.

Then give yourself a good foot rub, to complete your diy acupressure session!

If you aren't game to give acupuncture a go or have a fear of needles, consider acupressure. Although it may not be as powerful as acupuncture, it is less intrusive and still highly effective. However I do hope that after reading this section on acupuncture, you are feeling more informed and therefore more confident to give it a go.

I have a fear of needles and I survived acupuncture! It didn't hurt at all – I felt a little discomfort in one spot, but as I relaxed more, the discomfort disappeared.

Acupuncture is a very powerful means of healing. Although acupuncture, through the insertion of the needles, appears to be more intrusive than other energy healing modalities, it is a very safe, gentle therapy that can be beneficial for a whole range of

physical, mental and energetic ailments. Again, as with all therapies, you must find a reputable, experienced professional whom you trust, then let them guide you to wellness using acupuncture and Traditional Chinese Medicine.

## GROUNDING OR EARTHING

Another energy medicine technique that is important to discuss, is the act of grounding or earthing yourself. If you are unfamiliar with this, it is the act of physically and energetically connecting yourself to the Earth's energy.

In doing this, you are balancing your own soul energy. In doing this, you are plugging into the Earth's energy and recharging; you are strengthening your energy. And you have many options to choose from.

A technique I use a lot because it is accessible and free, is the act of putting my bare skin in contact with the ground. Bare feet in the grass or sand works wonders. Or you can lay yourself down on the bare earth, for a little rest with nature. Bare skin is the most effective and because water is a conductor of energy, if the grass or sand or dirt or other earth surface you are laying on is wet, it will heighten the grounding experience.

You can also purchase grounding devices. Earthing sheets or mats and even shoes are now widely available. Ever since my husband and I have had an earthing sheet on our bed, his snoring has dramatically reduced. And this wasn't even why I bought the sheet! I bought it to help give our overall health a boost – with some niggly little aches and pains in mind. The aches and pains have reduced significantly and to top it off, we are both sleeping much more deeply and soundly. Earthing is pretty amazing!

If your home has copper pipes and metal bath fittings, you can ground yourself in the bath. The metal pipes are a conductor of the Earth energy, so the energy then travels up the pipes, and into your bath full of warm water.

Some people like to use visualisation techniques if they need grounding in a hurry:

### **EARTHING VISUALISATION EXERCISE**

Close your eyes and imagine yourself standing on a beach; the warm white sand beneath your bare feet.

Now imagine that the Earth's energy is radiating through you; it's coming up from the sand, into your toes and feet, up your legs, past your hips and over your stomach, flooding your chest cavity and overflowing down your arms and up through your neck and filling your head.

Remember, thoughts are energy, so any visualisation that you do is sending powerful energetic healing to the recipient which in this case, is you. Grounding yourself can achieve so many things: it can heal your energy, it can strengthen your energy, it can cleanse your energy and it can protect your energy.

You may like to set an intention as you are grounding yourself to achieve any of the above. Or perhaps you may prefer to ground yourself simply with the intention of receiving whatever it is your energy needs at that moment, for your highest good.

## CLEANSE YOUR ENERGY

Many people don't realise how much external, negative energy we all pick up as we go about our day. Have you ever walked through a crowd of people and come out the other side feeling completely drained? Or have you had a person unload all their worries on to you, and you come away feeling awful and they walk away feeling fabulous?

You are being bombarded by negative energy around you, and sometimes you absorb this negativity, without meaning to, leaving you feeling less than great – especially if this negative energy accumulates over time. You can either go to an energy healer to get a cleanse and rebalance, or you can do it yourself.

I always teach my clients how to cleanse and clear their own energy, as a way of maintaining the clarity of their soul energy after a healing with me. Part of my job is to show my clients how empowering it is to take charge of their own energetic well-being.

My favourite way of cleansing my own soul energy is in the shower:

### **SHOWER CLEANSE EXERCISE**

While in the shower, close your eyes and feel the water running over your body and imagine the water washing away all old, negative, unwanted energy and rinsing it down

the drain, where it will be returned to Earth to be recycled and renewed.

And that's it! Again, visualisation is key. Bad energy will be gone, and you will step out of the shower feeling light and fabulous.

Children are very susceptible to picking up other energies around them, particularly at crowded schools and day care facilities. You can help cleanse your child's energy by doing this same practice; get them in the shower and use the same visualisation process for them. Ask your child to participate in the imagery as well, because kids have extraordinary imaginations, so take advantage of this and get them joining in on the fun.

## STRENGTHEN YOUR ENERGY

It is important to keep your soul energy strong, and there are so many ways of achieving this. But don't feel overwhelmed, because we have pretty much already covered them all.

Grounding, chakra healing, tapping, meditation, practicing self-love, enhancing your intuition – this all strengthens your soul energy. Any time you practice a spiritual or energetic exercise, you are exercising your *soul energy muscle*, which gives your soul energy strength. Any type of healing work you do for yourself, or that you receive from other therapists or healers, is strengthening your soul energy.

The stronger your energy becomes, the happier you will be. You will feel stable, assured, centred, balanced and joyful – you will feel incredible!

The more effort you put into yourself, the stronger you will become. And not just stronger spiritually; you will become stronger in mind and body as well.

## PROTECT YOUR ENERGY

Now that your soul energy is grounded, clear and strong, there are some techniques you can learn to protect your soul energy. By protecting your soul energy, you are shielding yourself from the constant flow of negative energy around you.

I use the following technique to protect myself when I know there will be lots of people around me, such as a concert, party, or any other big social gathering. Before

you or your family head out next time, try this visualisation technique out:

### **BUBBLE MACHINE EXERCISE**

Close your eyes and imagine there is a giant bubble-making machine in front of you.

Imagine this machine is blowing out a huge bubble, especially for you. The bubble is whatever colour you want it to be, and any shape you want it to be. Know that you can get creative with any of your visualisation techniques that you use!

Now imagine that beautiful big, safe bubble, full of positive and nurturing energy, closing in on you.

It gets closer and closer and it eventually encompasses you. You are now inside that bubble and you are safe.

All the lovely energy inside that bubble is now protecting you.

I know of a teacher who used this technique for a child in her class who was a highly sensitive, emotional little soul. She reported that the child now seems happier, more settled and is engaging with the class more. So if you are a teacher, give this a go!

If you have your own children, put them all in their safe little bubbles before they head out for the day. Better yet, teach them how to do it for themselves.

Another of my favourite protection techniques, is to imagine that my own soul energy (or my aura) is being pushed out in all directions as fast and hard as I need it to. The reason I love this technique so much is because it works in two ways. It a) protects you from other negative energies around you and, b) gives everyone and everything around you a super potent blast of love and light.

Protecting your energy will dramatically reduce the negative energy you absorb as you go about your day, however some will still sneak through. You will still need to cleanse and strengthen your energy even if you are protecting yourself, you just won't need to do it as often.

If you can combine all three elements of energetic self-care – cleanse, strengthen and protect – you will feel like a whole new you!

## HOLISTIC MEDICINE

Every day, someone new discovers energy medicine and it changes their life. I truly believe all these energy healing modalities and other reputable and responsible therapies will soon weave their way into mainstream Western Medicine.

I don't believe one style of healing or medicine is better than the other. All of it combined – western science-based medicine and spiritual, energy, and holistic practices – can work together for the betterment of everyone.

There are already news articles gaining a lot of attention about hospitals around the world offering energy healing to their patients. I personally have done countless energy healings on registered nurses, surgeons and other Western Medicine professionals who are now singing its praises.

I sold an item on an online marketplace not so long ago and the buyer, through making conversation, asked me what I do for a living. I told him I was a healer. He smiled and said he was a paediatrician who specialises in acute care for sick children in our local hospital. He is also a qualified Reiki Practitioner. He shared stories with me of using energy healing on his young patients and the incredible responses he has witnessed.

He is combining his paediatric expertise with his spiritual gift, to help sick children heal. But he is, for now, having to do it discreetly. He can't yet openly tell the hospital staff or many of his patients what he can offer them, so he does it quietly. His incredible gift is mostly going unnoticed by the wider community.

There are thousands of others out there just like this man, masking their true capacity for fear of being shamed or ridiculed for it. There are also other medical professionals who, although they may not endorse energy healing or spirituality, still respect it. My surgeon, who was treating me for ulcerative colitis, was one of these open-minded professionals.

'You go and do whatever you need to do to heal yourself,' he told me.

Energy medicine wasn't something he professionally supported, but at the same time, he was supportive of me and my decisions and that made all the difference. He didn't understand it, in fact I don't think he believed it would work at all, but he didn't once make me feel like I was foolish for believing in energy medicine or for being a spiritual person.

I was able to successfully use a combination of both medicines to heal myself. This

holistic approach of blending spirituality with science was vital for my health and wellbeing. So don't be afraid to confide in the medical professionals you encounter on your healing journey and don't be afraid to start conversations about energy medicine.

As more people enquire about energy healing and other alternative therapies within our hospitals and health-care systems, there will be the birth of a Truly Holistic Medicine System. Modern day science and technology is saving lives. Ancient, traditional healing techniques and beliefs are also saving lives. One is not superior to the other. The more people talking about energy medicine, and not in a superior 'I-know-better-than-you' way, the more likely it will become a normal part of everyday conversation. The more this is woven into everyday conversations, the more widespread it will become – resulting in more people finding health and happiness.

## Chapter 17 Extract – EQUILIBRIUM by Jo Worsfold

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