

# *The Beautiful Interplay of Energies*



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*As an Energy practitioner I trust that, as I work with a client,  
the energies go where they are needed...*

Ruthie Moriarty

*If you feel negativity, you will feel rigidity  
If you feel positivity, you will feel the flow*

*Oh my goodness; where do I start!?*

This was my first reaction when I saw the guidance for this issue, as I work with Energies in many ways and felt I had so much to offer! For almost 30 years, I have been a Complementary Practitioner: Holistic Aromatherapist, Reiki Master Tutor, author of a book on Meridians<sup>1</sup> and another on Chakras, and co-founder of Qiki Gong.

I have also taught Anatomy and Physiology as part of Holistic Therapy training. Everything I do links directly to our energetic systems. I know from my own experience and that of my clients how they influence health and well-being. For we are all spiritual beings having a physical experience.

So here we go...

I believe that everything has an energetic signature, which can be felt, read, and even seen. I feel my role as a practitioner is to remain open and to hold space for these energies. It isn't that they really need "human" interaction; I simply act as a conduit to bring the

energies into focus for a particular individual.

We know that some energies vibrate slowly, such as our physical bodies, hence why we appear to be solid. A first wow moment is when we realise that our bodies are sustained by other subtle energetic layers that are invisible to most people's normal perception. Some can see auras, the first subtle energetic field around our body. They can even be captured on film, such as in this photo (of me).



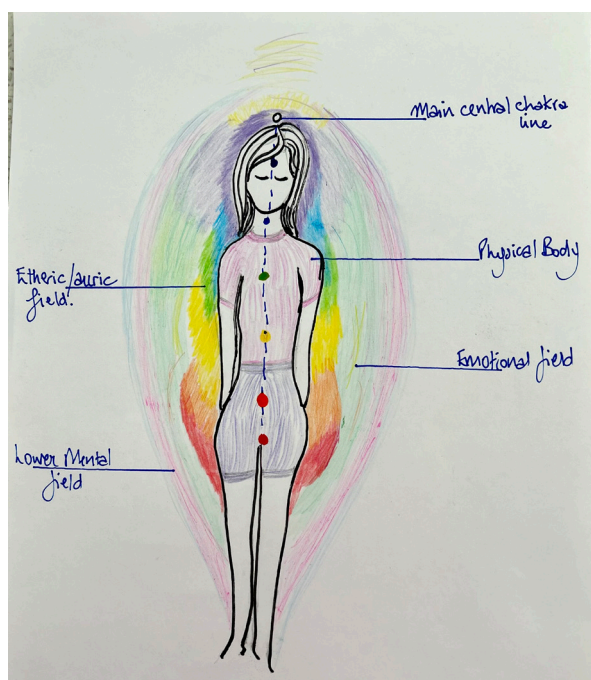




The next *wow* moment is that beyond this auric/etheric field are *more* subtle energies. Each has their own higher vibrational frequency and role to play as they connect with one another and with our physical body through the hubs we call chakras.

These hubs, or gateways are where our qi/ki/prana can move around via our meridian system. The chakras are two-way hubs, bringing *in* qi/ki/prana from subtle energy bodies to the physical, and they are *exit points* for lower energies to be released.

Third *wow* moment...there are even *more* layers than what's shown in this image, which I have simplified for this article.



The subtle energies beyond these are doorways to higher consciousness and soul levels. (*\*More details on energy layers can be found listed below.\**)

Just like physical homeostasis, where our body is constantly readjusting to retain a state of balance and health, we can imagine our ideal state of physical, spiritual, and mental well-being. This is when energies are flowing in and out and around in constant balance. It is truly where our Holistic Being wishes to reside.

As an Energy practitioner I trust that, as I work with a client, the energies go where they are needed, as they are far more intelligent than I am. I am just the plug in the socket! In nearly all sessions, I work with the first three subtle energy fields.

1. The *auric/etheric field*, where strength and vitality can be badly impacted by shock and trauma.
2. The *emotional field*, where we find emotional responses to events.
3. The *lower mental body*, which contains the power of our thoughts and intentions both good and bad, which create our realities. This is a key place to remember that your thoughts become reality and why focusing on the positive is vital for our well-being, rather than worry and anxiety.

To give some practical examples of how the interplay of energies improves our well-being, I'm going to focus on two of my working areas: Aromatherapy and Reiki.

## MY PASSION: AROMATHERAPY - THE ENERGIES OF OILS

I had a very personal experience with my essential oils following an operation. After not opening my oil case for many months, the strangest thing happened when I finally did. Instead of the usual glorious waft of the blend of all the oils greeting me, it was initially as if they were all *sulking*, as in, "where have you been?"

I gently stroked over the tops of the bottles, explaining my absence and was immediately rewarded with the beautiful smell reappearing. So yes, I talk with my oils! And they in turn energetically communicate with me, and when working with a client, they almost pop out into my hand as being the oil(s) my client needs.



*My working essential oil case - I wish we could include their aroma here*

Essential oils come from the essence of the plants, flowers, leaves, seeds etc, and are very potent. Just like our physical bodies, the oils' energies extend beyond their glass bottle.

When teaching Holistic Therapy students about Aromatherapy, I really wanted them to understand that the oils have their own energy signature. I would give each student a bottle of essential oil to hold, with their hand wrapped around the label. Firstly, I asked them to muscle test and ask if the oil was something that would be beneficial for them. Then, open the bottle and smell the aroma, still not looking at the label, to feel what physical reaction they had.

If you smell an oil and have a positive reaction, it usually indicates that your emotions are ready to accept what the oils can offer. A strong negative reaction would indicate your emotions are not yet ready to interact with the oil.

Finally the students would look at the label and only then research the properties of their oil to see if anything resonated with their "energetic" reading. Time and time again, they were astonished at how their initial reaction from muscle testing was accurate.

The students were learning how to reach towards the energies of the oils and allow themselves to respond. It is far more powerful than simply "teaching" about the properties of an oil in isolation and makes it easier to sense the energetic interplay between different oils when blending.

Each oil has its own properties and blending them is like alchemy, creating something new and almost magical. Each blend is unique as, even when following a "recipe," blending at different times and on different days produces subtle differences, which can only be down to the energetic interplay of the oils and the aromatherapist.

Often as I work with my oils I feel a profound connection to my Great Grandmother, who was a renowned herbalist and healer in the mid 1800s to early 20th century. She understood the same type of energetic interplay and instinctive knowledge of the herbs she picked and used.

There are also many links between my role as an Aromatherapist and a Reiki practitioner as they both work at an energetic level to help transform subtle energetic systems.

## REIKI CASE STUDY

Client, late 60s, suffered a stroke some 18 months before I saw him. He had been driven all his life to succeed, to be the best, to provide, and all that pressure had built finally to a stroke.

Physically he had recovered well and regained full movement, cognitive function, and speech.

However, emotionally, the trauma of the event and not having found a more balanced way to live, were blocking the subtle energies from finding a pathway to rebalance. As our physical body is dependent on these vital subtle energy flows to maintain optimal well-being, the way he was going, he was heading down the road to more illness. He had been struggling with a buildup of pressure in his head, making it difficult to focus or relax. He was also very tired.



His old energetic blocks needed help to be transformed, as old thoughts, feelings and beliefs were still stuck at an energetic level throughout his subtle energy system.

Belief – *I will have another stroke*

Emotion – *intense fear*

I began hands-on Reiki on his crown chakra and sensed an immediate surge, a jolt the energetic system needed to get it moving, after which he noticeably relaxed, which continued throughout the hour. I worked wherever the energies guided me. Hands off around his heart and lower chakras, as so much that was impacting him was coming from the outer emotional and lower mental subtle energy layers.

Such powerful negative beliefs and feelings had almost brought the flow of ki to a halt, and the pressure was mounting. In working with the energies and helping to rebalance his chakras, the ki began to move and to do its job of rebalancing.

Following this first session, he told me he felt totally different, the pressure in his head had completely gone. He said he felt lighter. He looked calmer and happier, too. In follow-up sessions he said these feelings had continued long after the initial meeting, and he had been able to relax, focus, and even felt “less serious.”

On his last visit, Client said he felt the stroke was a wake up call – a chance to change his life. He has and he is. He is internally and externally more peaceful, taking less medication with support from his doctor and a big, constant nudge in the right direction from his energetic systems.

*How can energy healing have had such a profound impact so quickly, and indeed, how does it work?*

All I can say with certainty from my experience is that energy healing works, sometimes quickly, often surprisingly. It does not replace conventional healing: it gently supports from a place of love and intention. It is the most wonderful thing I can offer myself and

those whom I am privileged to help.

In the time I have spent working as a Complementary Practitioner, I have grown and continue to learn from and trust the wisdom of the Energies. They have been very patient with me, too. When I felt I needed to follow my old ways, and analyse and research everything to the nth degree, they knew at some stage I would surrender and allow them to be my best teachers.

Although we all have our beliefs and experiences about energy healing, no one can really know for sure how it works, even with all the on-going research. Yet maybe it doesn't matter if it cannot be totally and satisfactorily explained or proven. What we as practitioners know is that the power of the energies has a positive impact on our clients and on us and that, when we are in the flow, we and the phenomenal power of the energies play beautifully together.

In Light. €

### References

1. <https://bit.ly/Memorising-Meridians-The-Moriarty-Method>

### \*Further information on Subtle Energy Layers

- <http://howtoexitthetmatrix.com/2017/12/08/energetic-anatomy-complete-guide-human-energy-fields-etheric-bodies/>
- <https://www.mindisthemaster.com/subtle-bodies/>

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Find out more about author Ruthie Moriarty by visiting: <https://www.qikigong.co.uk>