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The Energies of Healing



The Luminous Energy Field (LEF) is a matrix that envelops and informs the physical structure of all living beings and organizes the body. These energies are the purest and most precious fuel for life. When the vital reserves are depleted through illness, environmental pollutants, or stress, we suffer disease.

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often have people ask me “What does it mean to work on the energy body?” I understand that many people are unaware of the luminous light body in which we are encased. It is the energy field that is in communication with *All-That-Is*, and the energy body that holds the imprints of all our interactions, in this and past lives. But specifically, I have energy workers and healers ask me how best to engage with this energy field for their clients. Briefly, The Luminous Energy Field (LEF)—also called the *light body, halo, or aura*—is a matrix that envelops and informs the physical structure of all living beings and organizes the body in the same way that iron filings are organized by a magnet. It is a reservoir of vital force—a sea of living energy as indispensable to our health as the oxygen and nutrients carried by the bloodstream. These energies are the purest and most precious fuel for life. When the vital reserves are depleted through illness, environmental pollutants, or stress, we suffer disease.

Understanding and working with the energy body takes time and practice. So, I confess that what I am about to share with you is nowhere close to the whole picture, nor can understanding what I write take the place of you doing your own work, connecting with your field, and growing your expertise through dedicated and integrous preparation. Here I present some concepts I believe are key to being an energy worker; concepts that keep us in “ayni” (right relationship) to the Universe, our clients, ourselves.

Concept 1: Begin to know and work with your own energy body. In my book, *Maximize Your Healing Power: Shamanic Healing Techniques to Overcome Your Health Challenges*, I teach several ways of sensing the energy body and building confidence in working within the energy field. Specifically start by being aware of your energy field, and how you bump up against or even merge with energies outside of yourself. Every day in every interaction you are



merging your field with *something*. On a day-to-day basis, you may “bump;” as if you experienced an energetic fender bender. Or you may “crash;” being greatly impacted by the interaction.

Your field is affected every day in multiple ways. Learn to sense the integrity of your field, how cluttered you may be from foreign energies bumping into you, and if you are “wounded” by the interaction. Learn how to sense the wholeness and vitality of your field and how to clear and repair your field.

Concept 2: Understand that you and your client (and every other element of the Earth and Universe) are interconnected and interdependent. When you understand this, you will be able to engage with forces outside of yourself to bring power to your healing. Learn how to engage with the Universal Consciousness – here reside the templates for the Nature of Order (the blueprints for the original state, for completely healed and vibrant beings). Consider reading books by Ervin Laszlo, Lynne McTaggart, and Dawson Church, to name a few.

For me, the best way to connect to the Universal Field/Consciousness is to enter a quiet space in my mind and go inward. Personally, I do best when I am following a guided visualization. I play a prerecorded journey designed to take me deeper and to the Field outside myself. If you do best with sound, you could play some music to induce a light trance. And, of course, if you are an accomplished meditator, meditation is an excellent way to connect to the Universal.

Concept 3: Work in sacred space - meaning resonate your consciousness with that of Universal Truth and the highest vibratory status. Step outside of your ego and get past your filters so that you can download energies greater than yourself and the client. The healing that occurs is NOT about you; you are the vessel for the healing, not the cause of the healing.

Sacred space is also about the sweet spot between you and Spirit, and your client and Spirit. It is the space of the intersection of Human with the Divine. And the “Divine” can be Nature, Earth and/or the Celestial Realms. As you do your work, call upon your Highest Order of being, so that you can resonate with the Highest Order of the Universe and “download” the Highest Order of Healing.

Concept 4: Don’t throw good money after bad. In other words, know that when you add energy to any condition or state of being, you will amplify what is already there. If you or your client have densities that do not belong, or that need clearing, do the clearing first. Don’t energize unwanted energies or stuck foreign densities. Consider this – your client has cancer, and you flood her field with life force (the highest energy). Can you envision what may happen? The cancer cells are being given food for their stronger living! I get around this possibility (as you may not know if cancer is bubbling in someone’s system) by holding the intention to bring in the original template of the body. This is the template before system (biochemical and physiological) errors occurred.

Concept 5: Energetic shifts are instantaneous. Human minds, however, are denser and slower to shift. Your work may elicit immediate changes, but your client may not “see” or “feel” this yet. Don’t despair. Know that the intention you set is percolating through your field, the client’s field, and the Universal Field. Trust the process. Consider setting a second session to have the client debrief and for you to “lock in” the changes already set in motion.

Concept 6: Gratitude is your friend. Gratitude that you can step outside your preconditioned beliefs, gratitude that you can resonate with the Universal, gratitude that you can be in contact with Spirit and download higher energies, and gratitude for your client on her journey to wellbeing, and so forth. Gratitude softens all hearts and merges us with



Spirit. Gratitude is humbling, which is a wonderful way to move past our ego and human-level beliefs. Try to express gratitude at least once during your session, typically at the onset and at the end.

Concept 7: Turn things over to Spirit. At least at the end of each session, whether quietly inside your mind or out loud with the client, release your hold and the client's hold on an outcome. Spirit is so powerful and so expansive, that outcomes may exist that we cannot fathom. Do not limit yourself or your client to what you think is the answer. Turn it over and allow for possibilities many magnitudes greater. If you are moving directly into another session, turning things over energetically releases the first client from your field (remember, you were in resonance), allowing you to engage with the next client. You also may want to do a short ritual to "end" the connection, such as spritzing your hands with sage or rose water or setting an intention to

disconnect. You choose a way to delineate between sessions, so you do not get cross contamination. (And also to give yourself a quick clearing.)

Concept 8: Maintain your integrity. Keep your field clear of the clients' energies. Do not share their personal experiences with anyone else. Do your best to keep your judgment out of your sessions. Your job is to bring forth well-being for your clients.

These are a few things that I find essential to energy work. As I said previously, there are so many nuances. You do your personal work and find what is key for you. Again, you may find helpful energetic approaches in my book *Maximize Your Healing Power: Shamanic Healing Techniques to Overcome Your Health Challenges*. I wish you the best, for you as a client and for you as a healer. The world needs more of you/us, in your/our most expanded and transformed state. Let us change the world together! €



Learn more about author Sharon E. Martin at <https://drsharonmartin.com>.