

the promise of energy psychology

The Promise of Energy Psychology: Unlocking Healing Through the Body's Energy Systems

the promise of energy psychology lies in its revolutionary approach to mental and emotional healing, bridging science, spirituality, and traditional psychology. Unlike conventional therapies that mainly focus on talk or cognitive processes, energy psychology delves into the subtle energy systems of the body—such as the meridians, chakras, and biofields—to promote healing and balance. This emerging field is gaining momentum as more people seek holistic and effective ways to overcome anxiety, trauma, and emotional blockages.

In this article, we'll explore what energy psychology is, why it holds so much potential, and how it can transform the way we understand and address emotional wellness.

What Is Energy Psychology?

Energy psychology is a set of therapeutic techniques that combine psychological principles with an understanding of the body's energetic anatomy. It operates on the premise that emotional distress results not just from cognitive patterns or life experiences but also from disturbances or blockages in the body's energy flow.

Practitioners use methods like tapping on acupuncture points (often called Emotional Freedom Techniques or EFT), acupressure, and guided visualization to stimulate and balance these energy pathways. This can lead to rapid relief from symptoms such as anxiety, phobias, post-traumatic stress, and depression.

How It Differs From Traditional Therapy

While traditional talk therapy emphasizes understanding and reframing thoughts and emotions, energy psychology adds an embodied dimension to healing. Instead of solely analyzing the mind, it acknowledges that emotional pain is stored in the body's energy system and can be released through targeted physical interventions.

This approach is often faster and can feel more accessible, especially for individuals who find it difficult to articulate their feelings or who have experienced trauma that is hard to verbalize. The integration of body-focused techniques with psychological insight offers a comprehensive pathway to healing.

The Science Behind the Promise of Energy Psychology

Skeptics often question the scientific validity of energy psychology, but research over the past two decades is increasingly supportive. Studies have demonstrated that tapping on specific acupoints can influence the nervous system, reduce cortisol levels (the stress hormone), and modulate brain

activity related to fear and emotional regulation.

Functional MRI scans reveal changes in the amygdala and hippocampus—key areas involved in emotional processing—after energy psychology interventions. This suggests that the practice doesn't just provide a placebo effect but initiates real neurobiological shifts.

Energy Systems and Emotional Health

The body's energy systems, including meridians and chakras, have been recognized in Eastern medicine for thousands of years. Modern energy psychology marries these ancient concepts with Western neuroscience, showing how emotional trauma and stress can create energetic imbalances that manifest as mental health symptoms.

By restoring energy flow and clearing blockages, energy psychology helps recalibrate the body-mind connection, facilitating emotional resilience and psychological well-being.

Applications of Energy Psychology in Everyday Life

One of the most exciting aspects of energy psychology is its versatility. It's not limited to clinical settings but can be used as a self-help tool or integrated into existing therapeutic practices.

Managing Stress and Anxiety

Energy tapping techniques are easy to learn and can be practiced almost anywhere. For individuals struggling with chronic stress or anxiety, tapping on specific points while focusing on the issue can quickly reduce nervous system arousal and promote calmness.

Healing Trauma and PTSD

Trauma often lodges deeply in the nervous system, making traditional talk therapy challenging. Energy psychology offers a gentle yet effective alternative by addressing physiological responses tied to traumatic memories, often leading to significant symptom relief after just a few sessions.

Enhancing Performance and Confidence

Beyond emotional healing, energy psychology is used by athletes, performers, and professionals to overcome mental blocks, boost confidence, and improve focus. By clearing energetic disruptions, individuals can tap into their full potential with greater ease.

Tips for Exploring the Promise of Energy Psychology

If you're curious about energy psychology and want to explore its benefits, here are some practical suggestions:

- **Start with Emotional Freedom Techniques (EFT):** EFT tapping is widely accessible and has numerous online resources, including guided videos and apps that can help you practice on your own.
- **Find a Certified Practitioner:** For deeper issues like trauma or chronic anxiety, working with a trained energy psychology therapist ensures safe and effective treatment.
- **Be Open but Critical:** While energy psychology is promising, it's important to remain discerning and use it as a complementary approach alongside other evidence-based therapies when needed.
- **Practice Consistently:** Like any healing modality, regular engagement with energy psychology techniques can lead to better and longer-lasting results.

Challenges and Considerations

Despite its growing popularity, energy psychology is not without controversy. The concept of energy fields and meridians is still debated within the scientific community, and more rigorous research is necessary to fully validate its mechanisms.

Additionally, energy psychology should not be seen as a cure-all. It works best when integrated into a holistic approach that includes physical health, emotional support, and sometimes medication or traditional psychotherapy.

Nevertheless, its gentle, non-invasive nature and the potential for rapid emotional relief make it an attractive option for many seeking alternative routes to wellness.

Looking Ahead: The Future of Energy Psychology

As interest continues to surge, the promise of energy psychology is becoming clearer. Advances in neuroscience and biofield science may soon provide stronger frameworks to explain how these subtle energy interventions work on a physiological level.

Moreover, as more therapists incorporate energy-based techniques into their practice, we're likely to see wider acceptance and integration with mainstream mental health care. This could lead to more personalized and effective treatment plans that honor both the mind and body.

Ultimately, energy psychology invites us to rethink how we approach healing—not just as a mental

or physical process but as an intricate dance of energy, emotion, and consciousness. Exploring this frontier may unlock new possibilities for emotional freedom and resilience.

Frequently Asked Questions

What is energy psychology and how does it work?

Energy psychology is a therapeutic approach that combines traditional psychological techniques with methods that involve the body's energy systems, such as acupressure and tapping on specific meridian points. It aims to address emotional and psychological issues by balancing the body's energy flow.

What promises does energy psychology hold for mental health treatment?

Energy psychology promises rapid and effective relief from anxiety, trauma, phobias, and stress-related conditions by targeting the underlying energy imbalances associated with emotional distress. It offers a non-invasive, drug-free alternative or complement to conventional therapies.

Are there scientific studies supporting the effectiveness of energy psychology?

Yes, several studies have demonstrated positive outcomes using energy psychology techniques like Emotional Freedom Techniques (EFT) for reducing anxiety, PTSD symptoms, and depression. However, more large-scale, rigorous research is still needed to fully validate and understand the mechanisms involved.

How does energy psychology differ from traditional psychotherapy?

Unlike traditional psychotherapy that primarily focuses on cognitive and behavioral interventions, energy psychology incorporates physical stimulation of the body's energy meridians to facilitate emotional healing. This integration aims to accelerate progress and address issues at both psychological and energetic levels.

Can energy psychology be integrated with other forms of therapy?

Yes, energy psychology can be effectively integrated with cognitive-behavioral therapy (CBT), mindfulness practices, and other conventional mental health treatments. This integrative approach can enhance treatment outcomes by addressing multiple dimensions of emotional well-being.

What are the potential limitations or criticisms of energy

psychology?

Critics point out that energy psychology relies on concepts from traditional Chinese medicine and the notion of energy meridians, which lack universal scientific acceptance. Additionally, some practitioners may overstate its effectiveness, and results can vary depending on the individual and the practitioner's skill.

Additional Resources

The Promise of Energy Psychology: Exploring a Modern Approach to Mental Health and Well-being

the promise of energy psychology lies in its innovative approach to emotional healing and mental health treatment, blending traditional psychological practices with concepts derived from energy medicine. As mental health challenges continue to rise globally, there is an increasing demand for therapeutic methods that offer both efficacy and accessibility. Energy psychology, which encompasses techniques such as Emotional Freedom Techniques (EFT), Thought Field Therapy (TFT), and Tapas Acupressure Technique (TAT), proposes a unique pathway by targeting the body's subtle energy systems to alleviate psychological distress. This investigative review delves into the foundations, empirical support, potential benefits, and limitations of energy psychology to provide a balanced perspective on its place within contemporary mental health care.

Understanding Energy Psychology: Foundations and Principles

Energy psychology is grounded in the premise that psychological problems are not purely cognitive or emotional but are also influenced by disruptions in the body's energy fields or meridians, concepts borrowed from traditional Chinese medicine and acupuncture. Unlike conventional psychotherapy, which predominantly addresses thought patterns and emotional responses, energy psychology integrates physical stimulation—typically tapping or pressure—on specific acupuncture points while focusing on traumatic memories or negative beliefs.

The most widely recognized method within this field is Emotional Freedom Techniques (EFT), often described as psychological acupressure. Practitioners guide clients to tap on meridian points while verbalizing distressing issues, purportedly releasing energy blockages and reducing emotional intensity. This technique, alongside others like Thought Field Therapy, suggests that correcting imbalances in the body's energy system can lead to rapid symptom relief, often faster than traditional talk therapy.

How Energy Psychology Differs from Conventional Therapies

While traditional cognitive-behavioral therapies (CBT) emphasize restructuring thought processes and emotional regulation through talk-based interventions, energy psychology introduces a somatic component that targets the physiological substrates of stress and trauma. This somatic element is intended to facilitate the processing of emotional disturbances more directly and holistically.

Moreover, energy psychology tends to be brief and goal-oriented, often requiring fewer sessions than conventional psychotherapy. This aspect appeals to individuals seeking efficient therapeutic options, especially when dealing with anxiety, post-traumatic stress disorder (PTSD), phobias, and depression.

Evaluating the Scientific Evidence and Efficacy

A critical consideration in assessing the promise of energy psychology is the quality and extent of empirical research supporting its claims. Over the past two decades, numerous studies have attempted to evaluate the efficacy of EFT and related modalities.

A meta-analysis published in the *Journal of Nervous and Mental Disease* (2016) reviewed 14 randomized controlled trials involving EFT and found significant reductions in anxiety levels compared to control groups. Another systematic review highlighted EFT's effectiveness in alleviating PTSD symptoms, sometimes outperforming conventional therapies in rapid symptom reduction.

However, the scientific community remains divided over the mechanisms underlying these therapeutic effects. Critics argue that benefits may stem from placebo responses, cognitive restructuring components, or relaxation effects rather than the manipulation of an unproven energy system. Furthermore, methodological limitations such as small sample sizes, lack of blinding, and inconsistent control interventions challenge the robustness of existing findings.

Pros and Cons of Energy Psychology in Clinical Practice

- **Pros:** Rapid symptom relief, non-invasive, low cost, easy to learn and self-administer, holistic approach addressing mind-body connection.
- **Cons:** Limited understanding of underlying mechanisms, variable empirical support, skepticism from mainstream practitioners, potential for overreliance without comprehensive treatment.

Applications and Integration in Mental Health Care

Energy psychology techniques have been applied across various settings, from private therapy sessions to large-scale trauma relief efforts. For example, following natural disasters and conflict zones, practitioners have used EFT to provide immediate emotional support to affected populations.

In clinical environments, some therapists integrate tapping methods as adjunctive tools alongside traditional psychotherapy, enhancing patient engagement and emotional regulation. The self-help nature of energy psychology also empowers individuals to manage stress and anxiety independently, contributing to preventive mental health strategies.

Target Conditions and Populations

Energy psychology shows potential in addressing a spectrum of psychological issues, including:

1. **Anxiety Disorders:** Generalized anxiety, panic attacks, and phobias have exhibited responsiveness to tapping protocols.
2. **Post-Traumatic Stress Disorder:** Rapid reduction in PTSD symptoms has been documented, sometimes with fewer adverse effects than pharmacological treatments.
3. **Depression:** Preliminary evidence indicates mood improvements, although more rigorous studies are needed.
4. **Chronic Pain and Psychosomatic Conditions:** By targeting emotional components tied to physical symptoms, energy psychology may contribute to pain management.

Challenges and Future Directions

Despite promising anecdotal and preliminary data, energy psychology faces hurdles in gaining widespread acceptance within mainstream mental health care. The lack of a universally accepted theoretical framework and the unconventional nature of its energy system concepts contribute to skepticism among clinicians and researchers.

Future research must focus on large-scale, well-controlled studies to elucidate mechanisms and validate efficacy. Additionally, standardizing protocols and training can enhance the credibility and safety of these interventions.

Technological advancements such as neuroimaging may offer insights into how tapping influences brain activity and emotional regulation, bridging gaps between traditional energy concepts and contemporary neuroscience.

The promise of energy psychology is compelling, particularly as mental health care evolves toward integrative and patient-centered models. Its ability to offer rapid emotional relief while empowering individuals aligns with broader trends emphasizing holistic well-being. However, a cautious and evidence-based approach remains essential to determine its optimal role among therapeutic options.

As the field progresses, the dialogue between energy psychology and conventional medicine will likely shape innovative pathways for healing, potentially transforming how psychological distress is understood and treated in the 21st century.

[The Promise Of Energy Psychology](#)

the promise of energy psychology: The Promise of Energy Psychology David Feinstein, 2005-11-03 This groundbreaking book explains how to tap into your body's energy not only to change your health, but to change your behaviors and thought patterns as well. Your body is comprised of energy pathways and energy centers that are in constant motion, a dynamic interplay with other energies and with your cells, organs, immune system, mood, and thoughts. If you can shift these energies, you can influence your physical health, your emotional patterns, and your state of mind. The Promise of Energy Psychology gives simple step-by-step instructions that will help you to: - overcome fear, guilt, shame, jealousy, or anger - change unwanted habits and behaviors - enhance your ability to love, succeed, and enjoy life The energy approach presented in this book can help bring about significant change in your life. With this strategy, stubborn phobias often fade in minutes; the lifelong effects of an early trauma can frequently be reduced or completely eliminated; uncontrollable anger can rapidly become manageable; even elusive physical problems may respond where other treatments have failed. The Promise of Energy Psychology is an amazing tool that puts the ability to effect change directly into your hands, and finally gives you control over your fears, pain, and destructive behaviors.

the promise of energy psychology: Energy Psychology Michael Mayer, Ph.D., 2011-06-14 Energy Psychology presents a comprehensive approach to healing that combines leading-edge Western bodymind psychological methods with a broad system of ancient, sacred traditions. Incorporating Dr. Mayer's integral approach called Bodymind Healing Psychotherapy, Energy Psychology draws on Chinese medicine approaches, including Qigong and acupressure self-touch; kabalistic processes; methods drawn from ancient traditions of meditation and postural initiation; and psycho-mythological storytelling techniques. Drawing on thirty years of training in Tai Chi and Qigong, Dr. Michael Mayer shows how integrating the essences of these traditions and methods can restore vitality and give the average person self-healing tools for physical and mental health. Unlike the quick-fix books on energy restoration, this book uses timetested, age-old practices from sacred traditions in combination with well-established clinical approaches. Dr. Mayer teaches readers bodymind healing methods to treat anxiety, chronic pain, addictions, hypertension, insomnia, trauma, and other prevalent conditions. Written in a clear, intelligible style, Energy Psychology includes real-life case studies that highlight the effectiveness of his techniques.

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the promise of energy psychology: Energy Psychology Journal, 2:1 Dawson Church, 2010-05 Energy Psychology: Theory, Research, and Treatment is a peer-reviewed professional journal dedicated to reporting developments in the field of energy psychology (EP) that are of interest to healthcare professionals and researchers. It contains original empirical research into the efficacy of EP methods; theoretical, experimental and basic science papers illuminating the mechanisms of action of EP; clinical insights on the application of EP to various populations, and interfaces with other interventions; book reviews, and abstracts published in other journals that are of relevance to the EP field. Its goal is to further the development of EP as an evidence-based method in the healing sciences.

the promise of energy psychology: The Book of Tapping Sophie Merle, 2017-03-16 A step-by-step guide to the simple acupressure self-care technique of tapping for acute and chronic emotional, psychological, and physical ailments • Effective for emotional conditions such as panic attacks, anxiety, depression, PTSD, grief, anger, jealousy, and phobias, such as stage fright or fear of

flying, providing immediate results in many cases • Shows how this method can treat chronic pain, nausea, and headaches; alleviate insomnia and nightmares; encourage the release of painful memories; boost self-confidence; support weight loss; and improve concentration • Offers the full tapping protocol as well as a shortened version for acute situations • Illustrates easily accessible points to tap and in what order Tapping, or Emotional Freedom Technique (EFT), is a simple form of acupressure that treats the energetic roots of emotional and physical suffering. By tapping on specific meridian points you can quickly and easily dissolve blockages in the body's energy system, caused by past traumas and suppressed emotions such as grief and anger, and restore the natural flow of energy in your body, the key to optimal health and overall well-being. In this step-by-step guide to EFT, Sophie Merle details the practice of tapping, illustrating the easily accessible points on the face, hands, and torso to tap and in what order. Explaining how to open your energetic system to EFT treatment for fast and long-lasting results, she reveals how the energy psychology practice of tapping can be applied to any area of your life but is particularly effective for emotional and psychological conditions, including panic attacks, anxiety, depression, PTSD, grief, anger, jealousy, and phobias, such as stage fright or fear of flying, providing immediate results in many cases. She also shows how this method can treat chronic pain, nausea, and headaches; alleviate insomnia and nightmares; assist physical healing from illness; encourage the release of painful memories; boost self-confidence; support weight loss; and improve concentration. The author explains how tapping can be done anywhere, offering both the full tapping protocol, which only takes a few minutes, and a short-form version, which takes less than a minute, for acute issues. Including remarkable success stories of EFT in practice, this comprehensive guide to tapping shows how the solution to many of life's problems is at your fingertips.

the promise of energy psychology: *EFT for Christians* Sherrie Rice Smith, RN, 2015-05-15 While Emotional Freedom Techniques (EFT) has been gaining in widespread use and popularity during the past decade, most Christians are unfamiliar with this gentle and astonishingly effective self-help tool. Those who have discovered its healing potential may be unsure how it fits in with their faith. Sherrie Rice Smith, RN (Retired) has an extensive faith-based EFT practice, and has pioneered the use of this breakthrough approach (also called tapping) with Christians. In this book she shows how to use Scripture while tapping, and how EFT can strengthen the prayer life of the believer. Packed with compelling case histories of both physical and emotional healing drawn from her Christian EFT practice, as well as her extensive nursing background, Sherrie explains the science behind Clinical EFT, and how it works in harmony with our divinely created physiology. She shows how a combination of good science and firm faith is able to provide dramatic relief from a wide variety of suffering, whether it is spiritual, emotional, or physical, and how to integrate this self-help method with the Christian life.

the promise of energy psychology: 50 WAYS TO WORRY LESS NOW: REJECT NEGATIVE THINKING TO FIND PEACE, CLARITY, AND CONNECTION Gigi Langer, PhD, 2018-01-20 Thirty years ago, Gigi Langer was a prisoner of her worries who used alcohol, romance, and professional accomplishments to soothe her frayed nerves. After applying tools from therapy, recovery programs, scientific research, and a variety of philosophical and spiritual teachings, she stopped drinking and discovered how to overcome her own anxieties and stress. *Worry Less Now* offers four life strategies and 50 eclectic tools to dissolve the "whispered lies" of negative self-talk. Although many books address negative thinking, very few give the reader step-by-step directions on how to defeat it. Others simply advocate a single approach. With candor and humor, Langer describes a wide variety of strategies that helped her and others defeat dysfunctional relationships, perfectionism, addiction, and worry about loved ones. As an award-winning writer and professor, Langer skillfully shares compelling stories and exercises that empower you to: -MANAGE life's most difficult challenges with calm wisdom -CREATE healthy relationships that blossom and thrive -FULFILL your dreams through positive thinking -SERVE others in their personal growth Regardless of the situation, *Worry Less Now* will help you move through it with courage, hope, and insight.

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genes respond to your thoughts, emotions and beliefs. The way you use your mind shapes your brain, turning genes on and off in ways that can dramatically affect your health and wellbeing. In this best-selling, award-winning book, researcher Dawson Church reveals the exciting applications of the new science of Epigenetics (epi=above, i.e. control above the level of the gene) to healing. Citing hundreds of scientific studies, and telling the stories of dozens of people who have used his ideas for their own healing, he shows how you can apply these discoveries in your own life. He explains how electromagnetic energy flows in your body and affects your cells, and how the new fields of energy medicine and energy psychology can help cases that are beyond the reach of conventional medicine. He shows how your hormonal, neurological, connective tissue, and neurotransmitter systems all work in harmony to conduct a coordinated flow of information throughout your body. As you take conscious control of the process, you produce a positive effect on your health, becoming an epigenetic engineer of your own wellbeing. Practical and scientific, this book has transformed the lives of tens of thousands of people. This new edition is updated with the latest research and clinical breakthroughs.

the promise of energy psychology: The Encyclopedia of Energy Medicine Linnie Thomas, 2023-04-08 An Expansive Resource with 55+ Energy Healing Modalities This newly revised edition of The Encyclopedia of Energy Medicine is an extensive directory for anyone wishing to study energy healing practices. With newly added modalities, updated course listings, and an improved list of energy medicine associations, this comprehensive reference features dozens of healing schools as well as licensure and certification programs in a field that is constantly growing and evolving. Linnie Thomas offers resources for pursuing your education in fifty-six energy healing methods, such as: Reflexology • Healing Touch • LomiLomi • Holotropic Breathwork • Thought Field Therapy • Reiki • Medical Qigong • Melody Crystal Healing This much-needed sourcebook covers healing session summaries, certification and continuing education requirements, endorsements and accreditations, standards of practice, legalities, and class availability. Thomas lists each therapeutic approach, course descriptions (including contact information), and codes of ethics, making it easy to find the information you need to explore these healing techniques for yourself. Includes a foreword by Cyndi Dale, internationally renowned author of The Complete Book of Chakra Healing

the promise of energy psychology: The Mystery of Life Energy Eric Leskowitz, 2024-04-09 • Describes how energy therapies are now gaining acceptance due to irrefutable proof of their effectiveness for clinical conditions from PTSD to phantom limb pain • Examines the power of group energetics and team chemistry in sports and in society • Explains how megalithic sacred sites are aligned with Earth's subtle energies and explores the energetics of crop circles and global consciousness Examining the wealth of evidence supporting the reality of the human biofield, Eric Leskowitz, M.D., explores the role of life energy in healing therapies and outlines its many manifestations at the individual, group, and global levels. He shows how energy therapies have been taboo in the West and reveals irrefutable evidence for their clinical benefits. He also describes the obstacles he faced in his own attempts to bring these holistic approaches into the world of academic medicine. The author's detailed exploration of phantom limb pain shows that this phenomenon is not a psychosomatic creation of the brain but is a tangible energetic structure: the human biofield in action. He explores group energetics and team chemistry, revealing how group situations—a concert, a meditation retreat, a sporting event—create their own energetic power. He shows how Stonehenge and other megaliths were built in alignment with Earth's own energy meridians, and he proposes that the mysterious phenomenon of crop circles may be emerging in harmony with Earth's subtle energies. Blending hard science with ancient healing wisdom, the author reveals how we can all thrive together by remembering our shared energetic roots and our undeniable interconnectedness through the global web of life energy and consciousness itself.

the promise of energy psychology: Real Beautiful the Secret Energy of the Mind, Body, and Spirit Cindy Heath, 2013-11-27 The painful search women experience as they try to reach the unrealistic levels of beauty and perfection promised in magic pills, wrinkle creams, digitally enhanced photos, media messages, and social learning, disappears the minute they learn the

POWERFUL SECRETS shared in this revolutionary book. In her own attempt to feel good enough in a society that stole this away for her, Cindy is on a mission to expose some powerful secrets inside the body that the ancient elite tried to hide, and modern-day research is trying to expose! It will change the way women see themselves and live their lives, forever! Tap into the SECRET ENERGY and SACRED SCIENCE inside your body and in the highest power that surrounds you. Learn how to link these energy fields and create higher vibrations that possess the mystical power to heal, end depression, calm anxiety, release fear and addiction, balance the body, and recalibrate the energy inside you to create beauty, inspiration, infinite knowing, self-love, bliss, success, abundance, prosperity, and more everyday miracles! EMBRACE Gifts, Beauty, Power, and Healing Sacred Hidden Secrets A Miracle Formula Heaven on Earth Magic, Miracles and so much MORE!! This book combines enlightened knowledge from Dr. Wayne Dyer, Gregg Braden, Donna Eden, Dr. Ranjje Singh, Yogi Bajan, and other noted experts, along with the unique wisdom Cindy has gained from her work and study in the medical field. Cindy blends these insights with the connection she has made to those on the other side and her own near-death experience, to reveal a divinely lit path to a vibrational frequency that holds all the beauty and power many women seek, and rarely find. Connect to the secrets and then, pass them on! Get your sparkling heart @ www.realbeautiful.ca

the promise of energy psychology: *Soul Visioning* Susan Wisehart, 2008 Discover Your Soul's Wisdom and Transform Your Life You have the power to create a life of passion and purpose by following the wisdom of your soul. Using breakthrough methods such as energy psychology, guided journeys, forgiveness practices, and past-life and life-between-lives regression, Susan Wisehart shares practical step-by-step techniques to heal the unconscious beliefs that block your awareness of your true spiritual identity and life purpose in this unique wellness book. The Soul Visioning journey connects you with your Higher Self to guide you into the ideal expression of your soul in your work, relationships, health, finances, and spirituality. Dramatic and inspiring case studies with long-term follow-up interviews reveal how people have transformed their lives using these powerful methods. Several guided audio journeys to help you connect with your soul's wisdom are available on the author's website as a CD or free MP3 downloads. Praise: Inspiring true-life stories and practical leading-edge strategies teach you how to change unconscious limiting beliefs and create a joyous, soul-guided life.--Debbie Ford, New York Times best-selling author of *Why Good People Do Bad Things: How to Stop Being Your Own Worst Enemy* This is a divinely inspired gift of a book for those who are ready to be happy.--Sonia Choquette, author of *Trust Your Vibes* and *Your Heart's Desire*

the promise of energy psychology: *Unity Field Healing - Volume 1* John G. Ryan, 2019-07-11T15:02:00-04:00 Humanity is now at the crossroads of a massive transformation in health and healing. The opportunity to advance one's personal wellness and awaken an amplified healing potential now exists. However, this futuristic healing requires an openness to the spiritual and energetic nature of our reality, and the consciousness basis of our human experience. For the seeker, access to deep and sometimes mystical healing can occur - through a journey of conscious personal awakening and the biospiritual integration which ensues. This mysterious journey kindles an inner power. This is a power that can heal and restructure your personal reality in mystical ways. But where do you begin the journey? And, how do you navigate the confusing landscape of Energy and Spiritual Healing? You have found your guide! *Unity Field Healing Vol. 1* provides a powerful catalyst to your healing journey. It consolidates a full understanding of all that is needed to understand and benefit from the new healing paradigm. It demystifies the confusion experienced as one first encounters and then matures in the new world of spiritual consciousness and energy-based healing. This foundation provides the springboard to take a giant leap into the future with the introduction of *Unity Field Healing* - a quantum-based healing potential that can catalyze healing in a brand new way. The book is a one-of-a-kind volume - described as the "go-to source for new-consciousness healing". Written by a Medical Doctor and healer, who works in both traditional and esoteric worlds of healing - it is a unique and clear-headed consolidation of all you need to know to bring your spirit alive in your healing journey. It is a must-read book for anyone seeking to awaken or strengthen the mystical potential to heal in body, mind, and spirit.

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the promise of energy psychology: The Art of the Gentle Healer Peter Wright, 2011-09-07 It's not easy to reveal the achievements of a woman whose job is rooted in confidentiality, therefore observations and deductions made by the author are solely his. Living with an adept psychotherapist is, in itself, an awakening experience. The nuances, the subtleties of silent exchange, will soon sharpen the layman's awareness.

the promise of energy psychology: Children of the Fifth World P. M. H. Atwater, 2012-10-24 Our species is evolving in preparation for the new world on the horizon • Explains how the increase in intuitive, creative, and abstract-thinking abilities of children as well as incidences of ADHD, dyslexia, and autism signal evolutionary changes at work in humanity--the emergence of the Fifth Root Race • Connects the appearance of these traits with ancient myths and evolutionary calendars as well as predictions by Teilhard de Chardin, Edgar Cayce, and other visionary seers • Reveals how these "new kids" act as agents for world change by reflecting back every misguided aspect of business, politics, religion, and culture The past 30 years have seen a quantum leap in the intuitive, creative, and abstract-thinking abilities of children as well as an unprecedented rise in incidences of ADHD, dyslexia, and autism spectrum disorders. As P. M. H. Atwater explains, we are witnessing evolution at work. The changes in consciousness and brain function evident in these "new kids" signal the widespread emergence of the Fifth Root Race and, fortuitously, coincide with our transition into the Fifth World. Providing a resource for parents and new kids themselves, Atwater explains what is happening to our species and our world--from neurological changes and climate upheavals to the drive to be constantly "connected" through screen-based technology and the unnecessary widespread use of drug therapies. Sharing individual case histories underscoring the traits of the new-child personality, she reveals how these children, born with universal consciousness encoded in their DNA, act as agents for world change by reflecting back every misguided aspect of business, politics, religion, entertainment, technology, and culture so we can't ignore what needs to be repaired. Atwater shows how children labeled as autistic or otherwise "damaged" have enormous potential for greatness. Connecting recent events and cultural shifts with creation myths, evolutionary calendars, and historical records from every culture as well as predictions by Teilhard de Chardin, Sri Aurobindo, Edgar Cayce, and other visionary seers, Atwater shows how the genetic shift now occurring follows the "Rule of Thirds" in its progression. Exploring timelines for the next several hundred years, she explains that the coming new world will be tailored specifically for the new kids, who will lead the way in the Great Shift from old world to new.

the promise of energy psychology: The Energy of Belief Sheila S. Bender, Mary T. Sise, 2007-11-15 Sise and Bender lay out a series of simple exercises that allow people in distress to quickly feel major physical and psychological shifts by holding their bodies in certain ways while taking deep breaths. Their book is packed with real-life case histories of clients who were not helped by the forms of therapy, but for whom the authors' technique, energy-TAB, produced miraculous results.

the promise of energy psychology: Introducing Emotional Freedom Techniques Christine Moran, 2017-07-05 Emotional Freedom Techniques (EFT) is an energy therapy that is rapidly gaining recognition as a simple, yet very effective way to aid emotional and physical wellbeing. This title provides an exploration of how EFT can be successfully applied to a wide range of social,

emotional, behavioural and health issues.

the promise of energy psychology: Dream To Freedom Robert Hoss, Lynne Hoss, 2013-06-01 Dreams are often laden with emotion. Not only do the dreams themselves contain emotional triggers, but a frightening dream can leave us stressed and shaken in waking life. We might also be anxious about the possible recurrence of a bad dream. The Dream to Freedom technique is an effective way to address both the fear-producing aspects of dreams, and the waking anxiety associated with the possible recurrence of the dream. Using a structured approach drawn from traditional Gestalt therapy, it identifies emotionally triggering elements of a dream, and then applies EFT (also known as tapping) to each one in turn. Robert and Lynne Hoss are pioneers of the Dream to Freedom technique, which shows you the hidden meaning of each dream element. This practice, when combined with EFT, often provides surprising insights about the link between the dream and your waking life problems. Dream to Freedom guides you on an imaginal journey to creating positive outcomes in your dreams. It's also been used to: Evoke lucid dreams; Eliminate recurring nightmares; Remember forgotten dreams; Access subconscious creativity; Heal old childhood traumas; Reduce emotional triggering when you can't recall a specific event; Heal anxiety, depression, panic attacks, and other psychological problems; Tap within dreams. Dream to Freedom represents one of the most fascinating frontiers in which EFT can be applied, and is recommended for longtime dreamwork students as well as those with a more casual interest in the intersection between dreamwork, personal growth, and EFT.

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