

## Consciousness and Healing Energy

**Toni Gilbert, RN, MA, HNC**



Mary's primary care provider referred her to me after several medical tests found no physical reason for the intense cramping in the area of her abdomen which, in terms of the spiritual healing system of the East, relates to the third chakra.

"Energy flows in your body much like a river," I told Mary.

"When you experience pain in your abdomen, most likely, the flow of energy has been weakened or blocked. Your negative thoughts and emotions about your workplace cause your body's muscles to tighten and there is a disruption in the flow of energy to that area."

Mary nodded that she understood. I continued "We are not *just* a physical self made up of solid molecules that work like a clock. Our body also has an energy field." Facing Mary I said, "Our body seems to be solid, but if we could magnify the cells, molecules, and atoms of which we are made of, we would see that at our most basic level that we are made of energy; electrochemical and electromagnetic activity that is constantly moving and shifting in and outside of our bodies," I showed her an illustration of the body's energy system.

The system that surrounds and infuses our physical form has been known for thousands of years by traditional healers and spiritual teachers. In my own practice, I sense the energy with my hands and rely upon an intellectual knowledge of the ancient

chakra system. Because the chakra system is thought to channel archetypal energies, we can use it to find symbolic implications of the client's presenting symptoms. For instance, Mary's symptoms were located at the third chakra, which, among other things, represents personal power. Because she was complaining about a stressful workplace that she had no control over, I saw her symptoms symbolically representing a lack of personal power.

The chakra system is a traditional energy model that has been used throughout Asia for centuries. The chakras are energy centers that form the coordinating network of our complicated mind-body system. The chakras are hundreds of focused energy points throughout the body. All our actions and understandings arise from these multiple points within ourselves. Full of archetypal information, they form connecting links between mind and body, spirit and matter, past and future, and the energy of the cosmos.

Neurologically, our brains perceive a dense exterior body, thus we can also enter a meditative state and see inner images, including an energy body. For instance, when I meditate on my chakras, I see them as colorful energetic mandalas that are dynamic and constantly moving.

Theoretically, a transcendent, archetypal realm of reality exists, and both the world of matter and the world of thoughts are determined by this conscious energy field that we are all a part of. Intentional healing rituals set the stage to ready our conscious mind to call upon the archetypal energies that promote our well-being.

Ceremoniously, setting the healing stage, I picked up my large pheasant feather and purposely put a small rattle in the palm of the same hand. Lighting some sage, I moved the sage smoke over Mary's body by fanning the feather. Gently shaking the rattle, it made a soft rhythmic sound, intended to help alter Mary's consciousness. As

instructed, Mary stood in the middle of the room with her eyes closed. I said to her: “See your energy body in your imagination. See it respond to your breath as you direct the healing energy of the cosmos. Allow the sage to work its magic and carry negative thoughts and stresses of the day out of your body.”

Almost a century ago, experimental discoveries were made in physics that began causing a shift in the way we think about our world. Einstein asserted that energy resides at the most fundamental level of existence and that matter and energy are interchangeable aspects of the same reality, and therefore matter is essentially energy frozen in time. In a way, energy is matter waiting to become a material reality. As I understand it, everything in our “material” reality is energy.

My intentions were on moving Mary’s energy. I snuffed out the sage, and while the room cleared of smoke, I told Mary to imagine negative forces flowing out the window to be transformed by the conscious cosmos into something useful to our world. When I felt the ritual had accomplished healing, I gently told Mary. “And when you are ready, allow your consciousness to come back to this room.”

After a moment, Mary opened her eyes, took several deep breaths and moved her arms in a circular motion. When she looked at me, I saw a very different woman than the one who had come into the session. Mary’s eyes were soft and her affect relaxed as she gently smiled. After a moment, she exclaimed in surprise, “I feel really good. My body feels relaxed and lightweight.”

I have confidence in the way I practice the healing arts. Not only because of the profoundly positive results, but also because of the scientifically researched strides that have been made in the arena of quantum physics. One such emerging idea is that

consciousness, a quantum energy field, is the fundamental foundation of our existence, and not matter as previously thought. Synchronicities show us that the world acts like a cosmic mind that responds to our consciousness. Because of this knowledge, I believe that Mary's thoughts or consciousness can make a difference in her energy field. I also believe that I facilitate this energy movement with my guidance, intention and ritual.

Lastly, I taught Mary how to relax and move her own energy by meditating upon and visualizing each of her chakras. Each time she was to use her breath to move her energy until the chakras seemed clear of negative forces and felt clean and healthy. Later, she reported that her symptoms subsided after five minutes with this inner imaginary activity.

Energy psychologies assume that thought exists in field of consciousness, emotions are rooted in energy configurations, and that psychological phenomena exist in energy field form. They propose that, like the session with Mary, psychological changes may be a matter of altering the personal energy field.

In my experience, something happens beyond our conscious knowing. The ritual, the visualization and our intentions all work to facilitate a change in the way the client experiences his/her symptoms. Luckily, we do not have to know everything in order to assist the client toward this kind of shift in consciousness. Along with this shift, come many insights that are beneficial for psychological healing to occur.

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*As a holistic nurse and transpersonal counselor, Gilbert explores deeper levels of consciousness of and how mind affects the health of the body. This knowledge helps her guide clients toward their higher psychological and spiritual potential. She helps them to access their own inner wisdom and apply it to their healing.*

*Toni is one of thousands of health professionals that act as a bridge between mainstream medicine and alternative and complimentary therapies. Her on-line journal, the **Alternative Journal of Nursing**, gives these pioneers a forum to discuss their esoteric discoveries and give instructions on how a health care practitioner might integrate them into a health care practice. You can reach Toni through her web site at [www.tonigilbert.com](http://www.tonigilbert.com).*