

ESOTERIC HEALING

By Maryanne Walker

[Esoteric healing](#) is a modality of energy medicine developed to improve well-being and create homeostasis in the body.

[1][2][3][4][6][9][10][11][12] "Everything in existence is made of energy." Einstein. [Esoteric](#) healers balance the energy fields of the body, working with the electromagnetic field surrounding the body.[2] This dynamic energy field surrounds and permeates all living beings.[3] It makes up the scaffolding upon which our physical body is built.[4] Seven major centers, or chakras, exist within this energy field. [8] Each of these centers vitalize a related nerve center, an endocrine gland, and the internal organs that create functioning systems, as in digestive, respiratory, immune, etc.[6] In a healthy person, harmony and balance exists within this field; in a state of dis-ease, congestion and discord are found.[2][5][7][9][12] [Esoteric healing](#) helps to improve mental, emotional and physical health through an understanding that our thoughts, beliefs and consciousness have effects on our physical body and overall health.[2][5][7][9][12] [Esoteric healing](#) affects the biofield that surrounds all living beings.[1-13] By removing energy blockages and/or balancing excessive energy, the healer supports a stabilized system, and energy can flow freely from the soul to the physical personality body which supports sustained health. [1-13] This healing technique is performed in the energy field, with hands off the body. [2][5][6][8][9][10][11][12][13]

Esoteric Healing effectively blends the worlds of biofield science and medicine, both of which are making breakthrough discoveries that explain subtle energy's part in our state of health. [3][4][5][6][8] To obtain good health, all aspects of the human being must be balanced: the spiritual, mental, emotional, and physical.[1][3][4][6][7][8][11][12] Through meditative focus and sensitized hands, specific energy points are used to bring an individual's energy field into a harmonious state. [2][5][6][11][12] Using the anatomy of the physical body and the chakra system in the subtle bodies, areas of excess or constricted energy are identified and brought into balance. [1-13]

Esoteric Healing was first published in 1953 and was initially inspired by [Djwhal Khul](#) and [Alice Bailey](#)[2]. [Djwhal Khul](#) and [Alice Bailey](#)'s teaching on healing primarily concerns the relationship of the soul to personality, of the spiritual to the material nature. In their book, Esoteric Healing, it is stated that, "all disease is the result of inhibited soul life, and that is true of all forms in all kingdoms. The art of the healer consists in releasing the soul, so that its life can flow through the aggregate of organisms which constitute any particular form." p. 133. Healing consists of releasing blocked energy of the soul, establishing right relations between the soul and the personality body where the personality body is defined as the instrument of soul expression.[1][2][11]

Ref. International Network of Energy Healing (UK); National Association of Esoteric Healing (US). ^[1] [6][11]

There are at least 26 books and dozens of journal articles written on the subject. [1-13]

Healing

- [Energy medicine](#)
- [Alternative healing](#)
- [Chi healing](#)
- [Christian Science healing](#)
- [Energy medicine](#)
- [Esoteric healing \(Alice Bailey\)](#)
- [Gifts of healing](#)
- [Johrei](#)
- [Pranic healing](#)
- [Prayer healing](#)
- [Sound healing](#)
- [Qigong](#)
- [Quantum healing](#)
- [Reiki](#)
- [Six Healing Sounds](#)
- [Spiritual healing](#)
- [Universal Medicine](#)

- [Vibrational healing](#)

See also

- [Energy \(esotericism\)](#)
- [Healing revival](#)
- [Inner Healing Movement](#)
- [Long Healing Prayer](#)
- [Shamanism](#)
- [Traditional medicine](#)
- [World Healing Day](#)

References

1. Settersten, Lori (21 October 2010). "What Is Esoteric Healing?". *Journal of Holistic Nursing*. SAGE Publications. 29 (2): 132–139. doi:10.1177/0898010110385247. ISSN 0898-0101. PMID 20966434. S2CID 23884825.
2. Bailey, A. (1953). *Esoteric healing*. Lucis Publishing Companies (NY).
3. Brennan, B. (1988). *Hands of light: A guide to healing through the human energy field*. Bantam Books (NY).
4. Fortune, D. (2000). *Principles of esoteric healing*. Sun Chalice Books (CA).
5. Gerber, R. (2001). *Vibrational medicine: The #1 handbook of subtle energy therapies*. Bear & Company (VT).
6. Hopking, A. (2004). *Esoteric healing: A practical guide based on the teachings of the Tibetan and the works of Alice A. Bailey*. Blue Dolphin Publishing (NV).
7. Jain, S. (2021). *Healing ourselves: Biofield science and the future of health*. Sounds True (CO).
8. Lansdowne, Z. (1986). *The Chakras & esoteric healing*. Samuel Weiser, Inc. (ME).

9. Levin, J. (2019). Western esoteric healing II: A taxonomy of sources of therapeutic knowledge. *Explore (NY)*, 17(2):153-161. doi: 10.1016/j.explore.2019.10.003. Epub PMID: 31902672.
10. Levin, J. (2019). Western esoteric healing: Conceptual background and therapeutic knowledge. *Explore (NY)*, 17(2);148-152. doi: <https://doi.org/10.1016/j.explore.2019.10.008>.
11. Johnston, B. (1975). *New age healing*. The International Health Research Network (London, UK).
12. Page, C. R. (1992). *Frontiers of health: How to heal the whole person*. Rider (London, UK).
13. Page, C.R. (2005). *Spiritual alchemy: How to transform your life*. Penguin Random House (London, UK).

This page was last edited on 27 February 2022, at 18:43.
