

What is Energy and Intuitive Healing?

Energy medicine is a system of holistic healing therapies that aim to manipulate the universal "life force" or "vital energy" that flows through a person's body to restore balance and promote health and well-being. There are a wide variety of energy-based modalities involving both hands-on healing and non-touch treatments, all of which focus on using the body's own natural energy flow to improve health, reduce pain, anxiety, and fatigue, and improve a myriad of health conditions.

Intuitive healing is closely related to energy healing in that it uses the individual's innate resources—energy, emotions, and unconscious intuition—to guide the way to better health. Intuitive healing taps into both the body and mind's deeper wisdom to avoid illness, replenish energy, and bring insight into any problem.

Energy and Intuitive Healing practices offered at the Raby Institute include:

- [Bioelectromagnetic-based Therapies](#)
- [Biofield Therapies](#)
- [Body Talk](#)
- [Craniosacral Therapy](#)
- [Healing Touch](#)
- [Reiki](#)
- [Qi Gong](#)
- [Vibrational Medicine](#)

What Conditions Can Energy and Intuitive Help to Address?

Common reasons for seeking Energy Medicine treatment include:

- Cancer
- Fatigue
- Hyperactivity
- Insomnia
- Mood disorder such as anxiety or depression
- Pain (migraine, backache, arthritis)

When Should I Avoid Energy & Intuitive Healing Treatment?

Energy and Intuitive Healing treatments are noninvasive and generally considered to be safe. Contact your healthcare provider to determine if these treatments are appropriate for you.

Energy and Intuitive Healing Practices Offered

Biofield Therapies

Biofield Therapies are gentle interventions aimed at healing imbalances in the energy fields in and around the human body. Some forms manipulate biofields by applying pressure and/or manipulating the body by placing the hands in, or through, these energy fields.

Qi Gong

Qi Gong (pronounced "chee-gong") is a series of ancient Chinese meditative exercises which use breathing, simple body movements and imagination or visualization to direct the flow of energy through one's body to improve all aspects of human health: physical, mental, emotional, and spiritual. Practicing Qi Gong makes one more attuned to his or her body's internal states, feelings, and connection to the universe. The primary aim of Qigong is to maintain or restore the energetic balance and harmony of the Qi to affect positive physiological and psychological change.

Healing Touch

Based on the belief that human beings are embodied fields of energy that are constantly interacting with each other and the environment, Healing Touch is an energy therapy that uses gentle hand movements and techniques to help re-pattern a person's energy field and promote healing and well-being.

Reiki

Reiki (pronounced "ray-key") is a combination of the two Japanese words "rei" and "ki" meaning "universal life energy". Reiki is an ancient healing practice that incorporates the "laying-on" of hands to focus and direct a person's life-force energy to heal. This high-touch, spiritual therapy seeks to balance the subtle energies within our bodies. Reiki addresses physical, emotional, mental, and spiritual imbalances, treating the whole person. Beneficial effects may include relaxation and feelings of peace, security, and well-being.

Craniosacral Therapy

Craniosacral Therapy is used by manipulative and body-based technique practitioners to detect and facilitate the flow of the body's life force using gentle touch anywhere on the body. By gently working with the spine, the skull and its cranial sutures, diaphragm, and fascia, practitioners aim to ease restrictions in nerve passages, optimize the movement of cerebrospinal fluid through the spinal cord, and restore misaligned bones to their proper position.

Bioelectromagnetic-Based Therapies

Bioelectromagnetic-based therapies use pulsed fields, magnetic fields, or alternating- or direct-current fields to facilitate the healing process. Magnets, in particular, have become a popular treatment for various musculoskeletal conditions such as pain. Treatments include shoe inserts, knee wraps, and other bandages, to relieve soreness in joints and muscles from sports injuries. Bioelectromagnetic-based therapies may work by stimulating the nerve endings in the surface of the skin to release endorphins, which naturally relieve pain. These therapies also promote healing by increasing blood flow through attracting electrically charged molecules present in the blood.

Body Talk

Body Talk is a therapy that taps into the body's natural wisdom to heal and maintain optimal functioning. Using Body Talk, a practitioner can help patients outwardly communicate with the body to understand its needs and positively influence health. Body Talk draws on several techniques from different modalities—Western anatomy and physiology, Chinese medicine, Applied Kinesiology, Bioenergetics and Yoga—to reestablish physiological communication pathways that have been disrupted by physical or emotional stressors and restore the body's natural flow.

Vibrational Medicine

Nearly everything around us that we touch and see carries a unique vibrational energy signature—a living pulse that connects all things. Vibrational medicine incorporates the use of this chi energy within living organisms such as plants, gemstones and crystals, water, sunlight, and even the foods we eat, to help us balance the energies in our own bodies. Vibrational medicine therapies include color therapy, crystal therapy, flower essence therapies, grounding, and herbal therapies.

How Can I Find Out More?

To find out more about the Energy and Intuitive Healing options offered at the Raby Institute for Integrative Medicine, or to [schedule an appointment](#) with one of our licensed practitioners, contact the Raby Institute at 312-276-1212 or info@rabyinstitute.com.