



## The Force Is With You: *Healing with Energy*

by Judi Burton

Every day you heal yourself with energy. You may do it without realizing, like when you place your palm on your forehead after a stressful day; or when you pick your crying baby boy up to offer comfort; or when you kiss your little girl on the forehead and hold her across your arm, so that you are supporting her small spine completely. Whether you know it or not, this is energy work, and you do possess the force for healing.

Einstein explained, through his theory of relativity, that all matter is energy. The chair you are sitting on is energy. We are all complex energy systems, and like all matter in the universe, we have positive and negative energy. As living beings, we sense being out of balance and not well. Energy work is intended to balance one's own

energy to support healing.

The chakra system of energy centers pertains to the Hindu belief of seven wheels, or vortices, located at certain focal points on your body, which transmit and receive energy like an ethereal telephone. Each named chakra is represented by an area around the body, a human attribute, a part of the endocrine system, and a color. An energy worker will attempt to connect to your chakras and work with them using positive energy to stabilize your mental, physical and spiritual well-being.

I decided to meet with one of our energy workers here on the Grand Strand to get a firsthand account of what it feels like to receive energy work.

Cynthia Hawley, of Healing Touch Energy Works at Cassena Spa, in Pawleys Island, offered her services for this experiment. Cynthia first became involved with energy work in 1986 while attending Touch for Health School of Kinesiology, in North Carolina, and since then has gained studies in reflexology, Reiki 1 and 2, herbal healing, and essential oils. In 1999, after being diagnosed with uterine cancer, she began studying visualization therapy. As she was preparing for her surgery, she envisioned a biplane flying over the ocean with streamers behind it. She named it "Flying Colors." The "Higher Power" was her pilot and she was the co-pilot. "When I got out of surgery, the first thing the doctor told me was, 'You've come out with flying colors,'" said Cynthia. She incorporates visualization in her energy work specifically

because of this experience.

As my session began, I lay face up on the table, which is just like a massage table, as soft music played in the background. She asked me to breathe very deeply and imagine myself rooted to the ground like a cypress tree, as she started at my base chakra. Her hands were just above my body and it seemed as if she were gripping something. This could have been my energy field, which she attempted to manipulate. She asked me to visualize myself sitting in a red chair on the beach with my feet in the sand. Then she moved up to the sacral chakra. I was still in the red chair watching an orange sunset with my feet in the sand. This process proceeded up my spine to each and every chakra, including all the colors of the rainbow in the visualization. She clapped her hands together often as if she were brushing crumbs off of her palms. I was calm and relaxed, and though I did not feel any monumental tremors in my psyche or life-changing moments, I was definitely feeling a little more attuned with the world in which I lived. It was as if I were taking a step outside of the ordinary for a moment and letting in a feeling of wonder.

After, I felt quite rested, as if I had taken a nap. She said she had felt that my energy was quite heavy and that she had worked on lightening the load with good intention and positive energy. She helped me up, and we hugged and parted ways easily. I was eager to see if all of this energy work was for real or not. All I can say to that end is that after I left, I did feel like I had a lighter step; and, later that day, I made a strong connection with a new business client. I cannot say with absolute certainty that Cynthia's work caused the good things that happened that day, but I can say that the rest of that day after my session was very positive for me.

*For more info about energy healing, contact Cynthia Hawley of Healing Touch Energy Works at 704-608-5995. She is located at Cassena Spa & Healing Center, 9428 Ocean Hwy, Pawleys Island.*

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