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energy healing or energy medicine can come in many different forms including reiki acupuncture and forms of movement and can involve touch or not here s what you may want to know energy healing is an ancient art backed by modern science that taps into the body s natural energy to promote healing balance and well being from reiki to qigong acupuncture and beyond there s a vast universe of healing techniques waiting to be explored energy healing is based on connecting the subconscious and conscious engaging the whole person to promote health and well being energy healing combines powerful physical mental and spiritual aspects to enable the body s natural healing ability reiki is a safe gentle non invasive form of natural hands on energy based healing it promotes relaxation stress reduction and symptom relief to improve overall health and wellbeing what is reiki reiki is an energy healing technique in which a reiki master who has undergone formal training in this healing art uses gentle hand movements with the intention to guide the energy healing involves channeling universal life force energy into the recipient s body to initiate a healing response this process helps restore balance and harmony within the body s energy systems promoting overall well being

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