

ACUENERGETICS promotes healing using the mind/body connection. Catherine Marshall investigates

MODERN

ENERGY HEALING

Based on an understanding of the energetic anatomy and psychology of the human body, the revolutionary energy-healing therapy AcuEnergetics treats a wide range of physical and emotional complaints ranging from back pain, infertility, irritable bowel syndrome through to stress, grief and depression.

WHAT IS IT?

“Western medicine, although it has its uses, is often nothing more than ‘cut it out or poison it’ approach – it does not see disease arising out of an imbalance in the body,” says Kevin Farrow, founder of AcuEnergetics. Farrow has spent the last 30 years studying how the energetic system works and has trained with well-known Eastern masters.

Energy healing has been around for a long time. The basic concept is that our body has an invisible energy structure, usually referred to in

energetic healing as the Human Energy Field. Although this sounds a little *new age*, this is actually the basis of Traditional Chinese Medicine (TCM). Generally, you feel good when your inner energy flows through your body freely, and not so good when it doesn’t.

HOW DOES IT WORK?

How is AcuEnergetics different from traditional energy healing and how does it work?

“The easiest way to explain it,” says Farrow, “is to take the phrase ‘sick with worry’, and then to really think about how that ‘mechanism’ works. How can your mind make you sick? How does your mind create nausea or butterflies in your stomach when you’re nervous?” According to Farrow, all physical ailments have an emotional source, and our mind can play havoc with our chakras (the energy centres of the body) and meridians (the channels where that energy circulates). ▶





Our emotions can block the energy pathways in our body. For instance, if you regularly feel sad, you change the frequency of vibration in your body, causing congestion in areas such as the lungs or heart. "Take tears," says Farrow, "their chemical composition is different according to whether they are tears of sadness or tears of joy."

Once you understand that the mind and the body work together, and that your negative emotions block the energy centres in your body, you realise how important it is to deal with those emotions.

"All illness is a reflection of the state of your spirit and how you see the world. A good practitioner helps you understand that the way you view your life in general, has a profound effect on your body.

"AcuEnergetics is different from the [Japanese] reiki or [Chinese] qigong, because those modalities don't look at the mind/body connection," explains Farrow

AcuEnergetics is also different in that it sees that meridians exist inside as well as outside the body, and that they can be energetically felt and treated. It places great emphasis on the heart. When our heart is troubled, all our other organs are in trouble. When we block our emotions, we cause certain changes in our bodies.

So how do we avoid this? "It's simple," Farrow says, "all you have to do is open the channels you block through stress." Opening those channels is easy. Fifteen minutes of meditation a day and you will start to feel the

energy flow differently. Another way to 'open the channels' is to remember that feeling of first being in love. Recall the feeling, and hold onto it for several minutes a day.

A SESSION

You lie fully clothed on a massage bed. The practitioner asks you questions about what is bothering you at the moment (back pain, depression, joint problems etc). Then he asks what people or events are, or have been, particularly bothersome in your life – and asks you to repeat, like a mantra, that you are letting go, releasing certain people or incidents from your life.

Using his hands, which he holds 30 cm above your body, the practitioner feels the blockages and imbalances and releases trapped energy. In most cases, he doesn't touch your body, although in

some instances, he may touch it gently. You feel a sensation not unlike 'pins and needles', as the practitioner clears the energy blocks in you body. It is quite a pleasant feeling.

WHAT DOES IT TREAT?

AcuEnergetics can be used in conjunction with traditional medical treatment. It has a great deal of success with sports injuries that are hard to treat and back pain, joint problems, sciatica, infertility and thyroid problems.

Depending on your problem, you'll need one to six sessions at \$90-\$125 per session.

FOR INFORMATION:
Contact the AcuEnergetics Treatment Clinic & Energetic Healing School on (02) 9818 1522 or visit www.AcuEnergetics.com. Training courses are also available.



TURN, BABY, TURN

Nadine McCristal-Cavenagh went to an AcuEnergetics session to see if her baby, which was lying in the 'oblique' position, could be turned to the right position for birth. Here she tells her story:



"At my 32-week check-up with the midwife, the baby was in the 'oblique' position. I was given two weeks to see if the baby would turn.

*** FIRST SESSION**
I showed Kevin Farrow where the baby was

lying and he resonated over my belly to check for the energy field.

*** MOVEMENT**
As soon as Kevin began to feel the field, the baby moved and my belly started changing shape. Kevin opened a meridian which is a

known acupuncture point for malposition of the foetus. I could feel movement right through the channel. All around my pelvis and down my legs felt more open and tingly. Kevin worked on a series of moves, using magnetism to turn the baby.

*** NEW POSITION**
When I woke next day everything seemed to have settled. I went for my check-up with the midwives, and they were amazed to see that the baby had indeed turned and was now in the correct birthing position.