**How Brennan Healing Science Works**

*Is Brennan Healing Science® like Reiki?*

This is one of the most common questions. Both Brennan Healing Science® and Reiki are forms of energy work, but they are very different in terms of training and technique. Training in BHS® takes four years to complete because it is an integrated system of one’s own healing and transformation. Compared to training in Reiki, which can be completed in 45 to 60 hours, BHS® Practitioners are trained for over 2000 hours.

During their training, BHS® Practitioners go through transformation after transformation, allowing them to hold more and more energy and thus impact clients more powerfully than with other methods. In addition, each BHS® practitioner has completed a basic anatomy and physiology course.

*How Brennan Healing Science® Works*

By now we are all well aware of the connection between our emotions and our health. As we continue to learn more about how our emotions affect our physical bodies, so do we learn more about our bodies’ energy fields, or “auras,” and their connection to our state of health. Thanks to pioneers like Barbara Brennan, Carolyn Myss, Andrew Weil, Bruce Lipton and many more in the fields of complementary and energy medicine, we are learning just how intimately connected our emotions, our energy fields and our state of health are.

Our physical bodies are actually held in and penetrated by our energy fields, or Energy-Consciousness Systems. Our energy fields, of which the chakras, or energy centers, are an integral part, have the task of supplying our physical bodies with the universal energy they need in order to survive and thrive. This universal energy is akin to what is more commonly known from Chinese medicine as “Chi” or our vital life force.

The state of our energy fields is reflected in our physical bodies. If our energy fields are not supplying us with the right amount of universal energy, ill health and disease can result. Common causes of dysfunction in our energy fields are:

* Energy blocks - places where we’ve stopped our energy flow
* Stagnated energy - places where we’ve slowed down the flow of energy in our fields or where we might have accumulated toxins from our environments or from medical treatments, such as chemotherapy
* Malfunctioning chakras - these might either take in too little energy, disperse vital energy, or not properly screen unwanted energy from others and our environments
* Energy leaks, etc.

It’s important to note that not only ill health or disease can result from blocks in our energy consciousness systems; we can also experience fatigue, backaches, headaches, joint problems, insomnia, digestive problems, etc., as a result of blocks or damage in our energy fields.

The unique training in the field of energy healing at the Barbara Brennan*®* School of Healing teaches us to sense energy blocks and other problems in the Energy-Consciousness System and has provided highly developed techniques to clear, charge, repair and balance the energy field. By supporting and enhancing the energy field’s role in supplying vital energy to your body, you may experience improvement in your physical health and relief of your physical symptoms, while at the same time supporting and enhancing your body’s natural, self-healing ability.

## Other Benefits

**Not only your physical health will be affected by healing work.** Many of the blocks, leaks and other problems in our energy fields are the result of trauma we have experienced in our lives. In particular, **emotional trauma** that we experienced when we were very young is one of the main sources of blocks and other problems in our energy fields. **In this way our emotional health is linked to our physical health. Emotional trauma causes distortions in our energy fields, which can lead to illness in our physical bodies.**

**Furthermore, these blocks hold the memories, vibration and emotion of old, painful events.** In response to these events, we created the blocks to avoid feeling this pain again. Blocking our energy in a certain way results in what we commonly refer to as “negative patterns” in our lives, since the way in which we block our energy becomes habitual. Because all energy holds a certain vibration, it will resonate when it comes into contact with people or places that might have that same vibration. In that way, we may even attract or repeat the negative patterns in our lives that we often wish to change but cannot.By gently releasing these blocks via healing,**you can also experience change in your feelings, thoughts, reactions, attitudes, relationship patterns, belief systems, etc.**

*Disclaimer*

*It should be noted that Brennan Healing Science® does not constitute psychotherapy and is not a substitute for psychotherapy or medical diagnosis. The healing practitioner is not a physician or medical professional and therefore does not diagnose or treat disease or illness or prescribe medications. If you have a physical injury or medical condition, you must be under the care of a licensed medical professional.*