



Dr. K's Guide to Mental Health

Practice | Energy Healing | Notes

Ancient civilizations have posited the existence of a vital life force – Prana in the Indian system and Qi in the Chinese system. Science has been looking for this vital life force for decades and has been unable to find or verify its existence. We're not really sure if Qi or Prana exist. However, there are some very interesting clinical implications based on studies on practices based on Qi or Prana. Energy healing, when studied in a scientific environment, appears to ease patient suffering although does not appear to have a significant clinical impact. What this means is that - it may make people with an illness feel better, but doesn't appear to alter the course of their illness. In this way, it fits the same goal as pain medication or other quality of life interventions in medicine.

Interestingly enough, practices based on the theory of Qi or Prana, such as Tai Chi and yoga DO have a clinical benefit that is superior to purely physical practices such as exercise. Our goal with this lesson is to teach you an energy healing practice – just to familiarize yourself with the concept and the experience. If the practice is interesting to you, we encourage you to learn more about it from a qualified instructor.

(Note: Healthy Gamer and Dr. K do not advocate for the use of energy healing, especially not as a substitute for medical treatment.)

Practice Instructions:

- After doing namaste expansion for 1 month you are now ready to try energy healing
- Start by doing the Namaste expansion for 1-5 minutes to tune into the sensation of warmth on the palms of your hands
- After you've relaxed, feel that heat or energy leave your palms
- Imagine or even feel the energy/light entering from the top of your head and traveling through your body, down your arms, to your palms, and out your palms
- Direct that energy toward something such as a person or even yourself
- Envision that warmth reaching them, suffusing them, and energizing them
- Concentrate on that person and the flow of energy for a few minutes
- Pull that warmth back and return to the sensation of your hands
- Take a deep breath and let go
- Return to your bodily sensations