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# Energy Healing Therapies: A Systematic Review and Critical Appraisal

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## **Abstract:**

In this paper, we reviewed the ten popular mind-body energy healing therapies. They are Ray 72000 nadis healing, Reiki healing, Ray 114 chakras healing, Pranic healing, Music therapy, EFT healing, Theata Healing, Cognitive Behavior Therapy, and Touch Therapy. As these mind-body energy therapies are not invasive, they are considered to be safe.

Energy healing therapy is based on the understandings that the body and mind has an invisible energy field, and that when this energy flow is blocked or unbalanced, one can become sick. Unblocking this energy can help promote healing and wellbeing. There are many kinds of energy therapies, some which use treatments such as light, sound, and magnets and some use several mind-body techniques. Mind-body energy healing techniques are based on mantras, meditations, breathing exercises, physical exercises and relaxations, on the belief that human thoughts, feelings and emotions can affect both physical and mental wellbeing.

This systematic review and analysis was conducted with the aim of assessing the efficacy of the popular mind-body to develop a reproducible common framework mind-body energy healing therapies. In this review paper, we also highlights the technical challenges in energy healing modalities and describe how to incorporate the emerging trends in energy medicine with the modern medical system. Despite some trials demonstrating the benefits of energy healing therapies for immediate and long-term relief in patients, on the whole, there is lack of high-quality scientific evidence substantiating its routine use. There is a need for more robust randomized control trials (RCTs) utilizing standardized protocols to provide further evidence on this subject. We conclude with a discussion and presentation of promising future directions of energy healing modalities.

**Keywords:** Energy healing, Reiki, 72000 nadis, Music therapy, 114 chakra healing, CBT, Pranic healing, EFT.

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## 1. INTRODUCTION

Mind–body energy healing therapies focus on the relationships among the mind, body, brain, bioenergy and behavior, and their effect on health and disease. Relieving suffering is the ancient goal and the ethical core of any medicine [1]. More recently, researchers observed [2] that the modern clinical care rarely addresses the sufferings of the chronic patients, and recommended two approaches to relieve it. The first, diagnosing and treating disease to remove the source of suffering, and the second is “turning toward.” It involves being open to the patient’s experience so to enter the patient’s world [2]. Energy healing modalities has a vast role to overcome these issues.

We reviewed here, the ten mind-body energy healing modalities. They are the compassion based Ray 72000 nadis healing [3], Reiki healing, Ray 114 chakras healing [4], Pranic healing, Music therapy, EFT healing, Theata Healing, Cognitive Behavior Therapy, and Touch Therapy.

Holistic energy healing are traditional alternative healing systems that restores the balance and flow of energy throughout the body, mind, and soul. Through energy healing modalities, the healers tries to break the defective energetic patterns that creates diseases. The main strength of holistic healing modalities is the power to enter into the patient’s internal world and cure them and the second strength is treating the disease from the source. The healers utilize various methods of practices, including mantra, laying on of hands, prayer, and induced altered states of consciousness.

These techniques work directly with the physical, emotional and spiritual aspects of well-being. It is used to treat various medical conditions, especially ailments related to mental health. The practitioner works on the energy body or aura of the person. Diseases, which appear as energetic disruptions in the energy bodies (aura), manifest as ailments in the body. This is cleansed and energized by the energy healing techniques and thereby accelerating the healing process of the physical body.

All these healing modalities put special emphasis on divergent aspects of the relationship and the interaction between doctor/healer/therapist and the person in therapy/patient/client. Building healthy relationship is considered crucial for the healing/ therapeutic process.

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Chronic disease patients may benefit from these holistic health care techniques and research has begun to consider the physiological and psychological changes that occur after energy healing processes. Epigenetic effects of the energy healing modalities are the key areas of modern research. The following sections review the ten popular holistic healing therapies.

## **2. TEN TOP ENERGY HEALING MODALITIES**

### **2.1 Ray 72000 Nadi Healing Therapy**

The compassion based Ray 72000 Nadis Healing Therapy was founded by Sri Amit Ray in the year 2009 [3]. Nadis are psychic energy channels in the human body. There are 72000 energy channels in the body. Ray, classified the 72000 energy channels in a hierarchical manner. Here, healing is the process of reorganizing, cleaning and balancing the energy channels in the body, through a group of specific meditations, breathing exercises and other modalities.

In the Ray's meditation system, a group of higher energy channels are used to access and mobilize the universal healing energies in different pathways in the body. The Ray Nadi System assume that the diseases or behavioral disorders are due to the blockages and disturbances in the energy channels. Once the blockages in the energy channels are removed the self-healing process will start [3, 5].

Researches are going on to identify the associations between physiological and psychological symptoms linked with the nadis – the energy channels. The connection with the higher healing energy is done through special manta rituals, initiations and breathing exercises. There are five specific cleaning processes. They are done in five stages. Ray said, “The 72000 nadis healing meditation helps a patient to gain a new perspective, reconnect with the inner world, and find a new blissful and respectful divine identity” [3].

### **2.2 Ray 114 Chakra Healing Therapy**

Ray 114 Chakra Healing Therapy was founded by Sri Amit Ray in 2015 [3, 6]. Chakras are the psychic energy vortexes in the human body. Ray rediscovered the names, locations and the functions of the 114 chakras for the first time [6]. There are 114 psychic energy wheels in human body. Ray's 114-chakra system based healing process are based on two primary principles (i) the modularity of the self-healing processes by activating the energy centers in a sequential manner,

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enabling the self-organization of the healing processes; and (ii) the dynamic restructuring of the self-healing process of body-mind-soul that provides neuro plasticity and adaptation through mantra, meditation, relaxations, breathing exercises, lights, colors and affirmations [3]. Ray, classified the 114 energy vortexes in a hierarchical manner. Compassion, connection, intentions, breathing exercises, mantra and meditations are the core components of Sri Amit Ray's healing modalities. Connection with the higher Self, inner world and others are essential part in the chakra healing process. In this healing system, a group of higher chakras are used to access and mobilize the universal healing energies in different pathways in the body.

### **2.3 Reiki Healing**

Reiki was founded by Mikao Usui in the 1920s. The word Reiki is made of two Japanese words – Rei which means “God’s Wisdom or the Higher Power” and Ki which is “life force energy”. Thus, Reiki means “spiritually guided life force energy.” The method of Reiki involves channeling the universal life energy to stimulate the integration of mind/body/spirit to enhance the natural healing mechanism [8]. The uniqueness of Reiki is that a special initiation from the Spirit to receive healing energy is necessary for all Reiki practitioners. This attunement of to the Reiki energy is a form of ritual to reconnect with the Spirit before beginning the journey of healing. Reiki is administered by the hands, placed lightly on or near the body of the recipient. The Reiki practitioner focuses his attention on the recipient and then allows the energy to flow passively through their body and hands where it is passed to the recipient [9].

### **2.4 Pranic Healing**

Prana is the Sanskrit word that means life-force. Pranic Healing is an energy treatment that uses prana to balance, harmonize and transform the body's energy processes [10]. Developed by Master Choa Kok Sui, a Filipino of Chinese descent, Pranic Healing leverages upon prana or life energy to cure physical ailments.

### **2.5 Tai chi and qigong**

Tai chi and qigong are two traditional Chinese medicine techniques that incorporate body movement, breath, and attentional training to improve disease symptoms and maintain health. These practices have many similarities to yoga but, in contrast, contain body movement as a critical

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component. The practice of tai chi includes slow body positions that flow from one to the next continuously and that promote posture, flexibility, relaxation, well-being, and mental concentration [13].

## **2.6 Emotional Freedom Techniques (EFT)**

Emotional Freedom Techniques (EFT) is a form of counseling intervention that draws on various theories of alternative medicine – including acupuncture, neuro-linguistic programming, energy medicine, and Thought Field Therapy (TFT). It is all about fingers-tapping on the acupuncture meridians in the body combined with positive affirmations [11]. The technique trains individuals to tap on meridian endpoints of the body – such as the top of the head, eye brows, under eyes, side of eyes, chin, collar bone, and under the arms. While tapping, they recite specific phrases that target an emotional component of a physical symptom.

## **2.7 Theta-Healing**

Created by Vianna Stibal in 1995, Theta Healing is a technique that taps upon the Theta brainwaves as well as relies upon the unconditional love of Creator of All That Is who does the actual healing work. It is a technique that focuses on thought and prayer. While the techniques of Theta Healing are inspired from Christianity, it is not a religion and it is open to people of all religions [14].

## **2.8 Cognitive Behavior Therapy (CBT) Techniques**

Psychiatrists Alfred Adler, Abraham Low and Aaron Beck were the first to practice cognitive behavioral therapy. The key principle behind CBT is that the thought patterns affect the emotions, which, in turn, can affect the behaviors [7]. CBT highlights how the negative thoughts can lead to negative feelings and actions. But, by reframing the thoughts in a more positive way, one can lead to more positive feelings and helpful behaviors. The therapist will guide the thought process in certain situations so the person in therapy can identify negative patterns. Once they are aware of them, they can learn how to reframe those thoughts so they become more positive and productive.

## **2.9 Music Therapy**

Music therapy is a type of expressive arts therapy that uses music to improve and maintain the physical, psychological, and social well-being of individuals. It involves a wide range of activities,

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such as listening to music, singing, and playing a musical instrument. A growing body of research confirms that music therapy is effective. It can improve medical outcomes and quality of life in a variety of ways [12].

## **2.10 Therapeutic Touch (TT)**

Therapeutic Touch (TT) is an alternative therapy that has gained popularity over the past two decades for helping wounds to heal. Practitioners enter a meditative state and pass their hands above the patient's body to find and correct any imbalances in the patient's 'life energy' or chi.

## **3 PROBLEMS AND CHALLENGES**

Presently, there are a wide variety of energy healing methods available in active practices. In general, the mind-body energy healing therapies seem to work positively and improves quality of life and quality of sleep, reduces depressive symptoms and fear and enhances mental health conditions. However, there is virtually nothing known about how the various methods of healing converge or diverge in terms of healing efficacy.

The reliability and reproducibility of experimental procedures is a cornerstone of scientific practices. There is a pressing clinical need for the better representation of mind-body energy healing protocols to enable other healers and medical practitioners to better reproduce results. A new framework that ensures that all information required for the replication of experimental energy healing protocols is essential to achieve reproducibility.

There is an urgent need for the standardization of energy healing research protocols. Majority of the studies lack the randomization, blinding, and standard analytical procedures. For the advancement of mind-body energy healing modalities, standardization at multiple levels is essential. Standardization for spiritual energy healing is required to facilitate data exchange between different research groups and healers, and finally the assembly of large integrated models providing novel medical insights.

## **4 CONCLUSION**

In this work, we presented a review of the ten popular mind-body energy healing therapies. They are compassion based Ray 72000 nadi healing, Reiki healing, Ray 114 chakra healing, Pranic

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healing, Music therapy, EFT healing, Theata Healing, Cognitive Behavior Therapy, and Touch Therapy. As these mind-body energy therapies are not invasive, they are considered to be safe.

Common terms used in the field of energy healing include energy healing, energy medicine, energy therapies. These mind-body energy healing modalities are a group of healing techniques that enhance the mind's interactions with bodily function, to induce relaxation and to improve overall health and well-being. Daily practice is essential for deriving benefit from these therapies.

The long-term objective of this research is to improve the qualitative and quantitative understanding of the mind-body energy healing modalities in their totality, and not in a fragmented way.

There is a need for more robust randomized control trials utilizing standardized holistic energy healing protocols to provide further evidence on this subject. Modern drugs have enormous side-effects. However, in the absence of harmful side effects of energy healing therapies and minimal time required for training patients, despite weak evidences, they can be employed by nurses and healers for the chronic patients to provide better mental relief and healing.

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