

The Most Popular Energy Healing Modalities

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Throughout the history of mankind, there have been many different energy healing modalities practiced around the world. Rich cultural traditions, evolving scientific knowledge, and a deepening understanding of spiritual life have forged these techniques over time, for the benefit of us all.

[A “modality” is simply a method or procedure](#) – let’s demystify these popular practices and look at the most common ways in which healers draw upon the power of unseen energy to create lasting personal transformation.

Energy Healing Modalities By Type

Energy work, also known as spiritual healing, addresses the energetic connections between our minds, bodies, and emotions, and seeks to foster flow and abundance among all three. This is not achieved by hocus pocus – in fact there are several [well-established practical disciplines for moving energy](#).

- ◆ Touch. These forms of energy work involve direct contact between a healer and the patient’s body, including massage, reiki, or any use of the hands.
- ◆ Vibration. These energy healing modalities involve the movement of vibrating elements both within and without the body, like sound waves, light waves, even the vibrations of our thoughts. Practices can sometimes incorporate sound bowls, therapeutic music, and magnetized objects.
- ◆ The mind. This form of energy work originates with the actual thoughts of the healer, as in telepathic exploration, blessings and prayer, and long distance healing.

- ◆ Channeling. These practices use the healer as a conduit for spiritual assistance from other people, entities, or energies in the unseen, non-physical realm.
- ◆ Chakra. Some energy healing practices focus upon the 7 known energy centers within each living body, and seek to clear anything that blocks flow within these energetic portals.
- ◆ Meridian. Some healing methods, like acupuncture and EFT, focus upon the long currents of energy running through our bodies known as meridians.

Which energy healing modality is the right one for you? Whether you are thinking of becoming a healer, or are looking for practitioners that can help you overcome resistance in your own life, it's important to start with a comprehensive understanding of what energy is and how we can use it to heal ourselves. **This encompasses many techniques and traditions.**



[Study All of The Most Powerful Energy Healing Modalities With Deborah King.](#)

When you are ready to go deeper into your understanding of how the flow of energy informs every part of life, **turn to one of the most established and popular spiritual healing gurus in the world – Deborah King.**

Deborah transformed her own powerful voyage of personal discovery into a dynamic, modern system for looking at total wellness, as described in the pages of her **New York Times best-selling book, “Be Your Own Shaman.”** Now, the Deborah King Center is proud to offer a one-of-a-kind curriculum designed specifically for anyone who feels a calling to the healing arts.

[The LifeForce Energy Healing Online Program](#) turns the mystical into the practical, with a fully-downloadable series of workshops which describe the concepts, science, tradition, and practice of energy healing modalities ([Related News](#)) in direct, easy-to-understand language. This multi-tiered, comprehensive education can take you from simple curiosity to **[full-fledged certification as a LifeForce Energy Healer over 48 weeks of in-depth courses.](#)**

There is no “wrong” way to go about a spiritual journey. But the right training can absolutely steer you towards deeper understanding, new careers, and powerful personal transformation.

Visit this website to find out more about Deborah King:
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