

FREE

Energy

Healing

Guide

**“Unveiling The Poternal
Of Energy Healing -
Is It Right For You?”**

By: Dexter Godbey



Unveiling the Potential of Energy Healing: Is It Right For You?

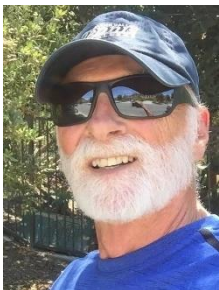
Why You Might Want to Consider Energy Healing - An Alternative Approach

Have you ever felt like you've exhausted all options for a nagging health concern, a persistent emotional block, limiting beliefs, debilitating negative programs, or a feeling of not being enough or quite "right"? Is there anything in your life you're not 100% satisfied with?

Most people find themselves in this situation. If it's not one thing it's another. Or a combination of them. You've likely explored traditional medicine and therapeutic approaches without getting the results you wanted.

This is where "energy healing" (encompassing such terms and practices as holistic healing, alternative healing, spiritual healing, vibrational healing, reiki healing, chakra healing, crystal healing, reflexology, acupuncture, acupressure, sound healing, energy therapy, subconscious mind reprogramming, and more...) steps in, offering complementary approaches to health, happiness, well-being, and success.

My Journey: From Frustration to Transformation



Hi everyone, Dexter Godbey here.

Like many of you, I battled a chronic physical injury/health issue. Mine lasted for over 50 years. Worse yet, I later discovered a hidden wellspring of negative emotions, beliefs, and limiting programs holding me back. Traditional methods offered little relief, leaving me frustrated and discouraged.

The turning point came when, despite being a hard-core skeptic – in fact, an outright non-believer, I finally decided to try energy healing and went to see an energy healer. With no hope of success.

The result? Transformational. I described it to friends as "miraculous," although now I know energy healing isn't miraculous at all. It's just science.

This experience sparked a passion in me. I delved into energy medicine, studying various modalities. Importantly, that's when I found techniques that are based on science, not guess work or mysticism.

My mission became clear: to help others – you and others like you – overcome their own mental, physical, and emotional hurdles and unlock their full potential for holistic well-being.

If you're feeling lost and unsure about Energy Healing, rest easy. You're not alone!

With so many options, different modalities, and an enormous array of practitioners, it's confusing to know how or where to begin.

That's what this Guide is about. Let me be your guide.

Finding Your Healing Path

The key to success with Energy Healing is finding the perfect fit for your unique needs. Here's how to simplify your search:

1. Define Your Goals

Before diving in, get clear on what you want to achieve. Are you looking to:

- Heal from emotional trauma?
- Overcome a physical challenge?
- Improve your relationships?
- Experience a deeper sense of your overall well-being?
- Or something else?



Reflecting on these questions helps you focus on the right type of Energy work. And don't forget to keep asking yourself, "why?" Why do you want to change? To improve? To overcome your challenges.

2. Uncover Your Needs

Not sure what areas to target? Find a quiet space and ask yourself:

- Which areas of my life need the most improvement?
- Where do I feel the most blocked or out of balance?
- What positive changes do I desire in these areas?
- How will these improvements affect other aspects of my life?
- What will my life look and feel like after I get the results I want?

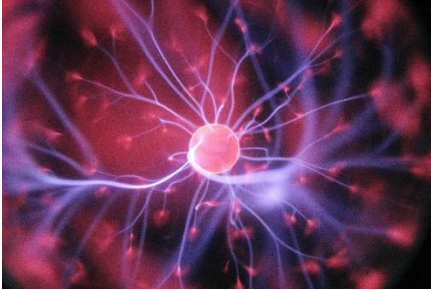
Honest self-reflection unlocks the door to your transformation. And don't forget the "why's?"

What's Holding You Back?

As truthfully and authentically as you can, answer this question (dig deep here):

- What fears, blocks, past and/or current traumas, and negative programming are holding me back from **at least giving Energy Healing a try?**

Energy Healing: A Multifaceted Approach



Energy healing rests on the fundamental principle that everything is energy, and our well-being is intricately connected to the flow of this energy within us.

Our bodies are self-healing machines when in perfect balance, alignment, and flow.

When this flow becomes stagnant or blocked, it can manifest as physical, emotional, or mental dis-ease. Energy healing practitioners aim to identify and clear these blockages, promoting a more balanced and harmonious energy flow within your physical, emotional, and energetic body.

It's a personalized approach, not a "one-size-fits-all" solution.

A variety of modalities exist, each with its unique approach. To get you thinking, here are brief descriptions of a few of the multitude of methods and systems:

- **Reiki:** A Japanese technique focusing on channeling universal life force energy for relaxation and healing.
- **Acupuncture:** A traditional Chinese medicine practice using hair-thin needles to stimulate specific points on the body's energy meridians.
- **Therapeutic Touch:** A technique where the practitioner's hands sense and influence the energy field around the body.
- **Chakra Healing:** Balancing the seven main energy centers in the body, believed to influence various aspects of well-being.
- **Pranic Healing:** Pranic Healing is a no-touch healing art and science based on the fundamental principles that the body possesses the ability to heal itself and that the healing process is accelerated by increasing the life force ("Prana") that is readily available from the sun, air, and ground to address physical & emotional imbalances.
- **A Few More You Might Want To Explore – All Under The Umbrella Of "Energy Healing:"** Holistic healing, alternative healing, spiritual healing, vibrational healing, chakra healing, crystal healing, reflexology, acupuncture, acupressure, sound healing, energy therapy, subconscious mind reprogramming, and more...

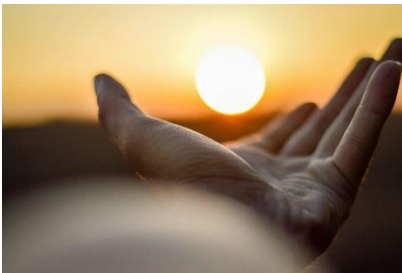
Is Energy Healing Right for You?

Energy Healing can be a powerful tool for anyone seeking to correct current conditions and improve their overall well-being. Whether you're struggling with chronic pain, emotional blocks, limiting beliefs, or simply a desire for deeper self-discovery, Energy Healing can offer support.

Science and Energy Healing

The science behind energy healing is still evolving. While there's no single, definitive explanation for how it works, studies suggest it may promote relaxation, reduce stress, and improve pain management. Many people report positive experiences with Energy Healing, highlighting its potential as a complementary approach to wellness and well-being.

Finding Your Energy Healer: The Perfect Match



Ready to explore Energy Healing? The next step is crucial: choosing the right practitioner!

Finding the perfect energy healer is about experience, success, and compatibility.

Here's how to ensure a good fit:

- **Trust Your Intuition:** How do you feel about a potential energy healer? Comfortable and trusting, or uneasy? An instant connection is great but take your time to find someone who feels right to you.
- **Ask Questions:** Many energy healers offer free consultations to answer your questions and address your concerns. Don't hesitate to take advantage of this! In fact, insist on it. You want a practitioner who is open and communicative. And especially who isn't afraid to answer **ALL** your questions.

Remember This. I was hesitant at first. I regret that now. By following these tips, you can find an energy healer who puts you at ease and guides you on your journey to wellness and well-being.

Modern Convenience: Phone and Online Healing

Technology offers a fantastic benefit: phone and video call Energy Healing sessions for some practitioners and some modalities. Not all though. This opens doors to experienced practitioners who might otherwise be out of reach, especially if you have physical limitations.

Look for a healer who offers remote options if that's important to you.

The Power of Remote/Distance Energy Healing



Imagine the convenience! Save time and money (on travel, gas, parking, etc.) by attending Energy Healing sessions from the comfort of your home.

Some Energy healers offer completely remote/distance sessions. They can do it because energy is not limited by time or space. That's why you can get TV and radio stations from across the world and videos from the moon and even outer space. As I've said, it's science.

If you choose a practitioner capable of and experienced at remote/distance healing, it means you can receive your sessions even if you're:

- At home (asleep or awake!)
- Playing golf, tennis, bridge...
- Enjoying your book club
- Busy at work
- Cheering for your kids at their soccer game
- Having dinner with your family
- Or anything else...

No matter your location and whether or not you're "present" with the healer (in person, on the phone, or online) the healing energy can reach you and support your healing, health, and well-being just as if you were in the same room together at the same time.

The Bottom Line: Finding Your Perfect Energy Healer

Energy Healing is a personal journey. You may be exploring sensitive topics, so feeling safe, comfortable, supported, and connected with your practitioner is crucial.

Look for a skilled, experienced, and professional practitioner who:

- **Earns your trust:** You deserve a healer who listens without judgment and understands your unique situation.
- **Respects your pace:** This is your journey, and the focus should be on your comfort level throughout the process.

Remember, comfort and connection are key.

Cost Considerations for Energy Healing

Energy Healing sessions, like most therapies, typically vary in cost depending on factors like the specific conditions/problems/issues to be addressed, location, practitioner experience, your receptivity, and session length.

Based on my recent research (August 2024) across the US, practitioners charge between \$60 and \$300 per hour (even if they offer shorter sessions or packages). The average cost per hour lands around \$185.

Here's what to keep in mind:

- **Multiple sessions may be needed.** Energy Healing often requires multiple sessions for long-term benefits. Sometimes results are instantaneous. Sometimes not. It depends on how serious the conditions are, how long you've had them, your receptivity to energy work, the skill of the practitioner, and other factors.
- **Consider your needs.** Sessions can serve various purposes, from addressing chronic issues to routine maintenance for overall well-being. Energy Healing can work for physical, mental, emotional, and even spiritual pains, problems, and issues.
- **Package Offers.** If your practitioner offers packages, make sure you understand all the details up front including pricing, payment, number of sessions included, session frequency, and guarantees, if any.
- **Plan your budget.** Make sure your practitioner is transparent with you about pricing and you both factor in the potential number of sessions you might need.

Ultimately, it's an investment:

Think about Energy Healing as an investment in your long-term health, wellness, and well-being. Prioritizing your well-being is a major decision. Energy Healing could be a valuable tool on your journey. I encourage you to give serious consideration to at least giving it a try if you have pains, problems, or issues that have not been resolved by traditional methods.

Ready to Experience Energy Healing? A Few Tips

Let's say you're ready to give Energy Healing a try. You've chosen a modality and an Energy Healer who feels like a good fit for you.

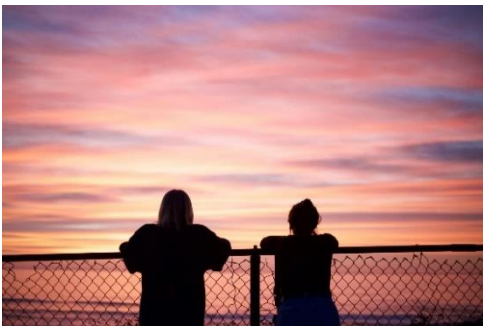
Here's how to optimize your experience:

- **Open Up:** Approach your sessions with an open mind and a willingness to receive the benefits of Energy Healing. Think of it like trying a new cuisine - close-mindedness limits the experience. And open up to your practitioner so he or she knows as much as possible about your situation as possible. This will help them save time and energy. In this respect, I also advise you to make certain your practitioner has and maintains a strict Confidentiality Policy.

- **Set Your Goals:** Remember why you're seeking Energy Healing. Keeping your "why" in mind will guide you throughout your sessions.
- **Healing Takes Time:** While some may experience significant shifts in one session, it's often a journey. Be patient with yourself and trust the process.
- **Embrace the Journey:** You're the driver of your healing. Energy Healing helps remove blockages and empowers your body's natural healing abilities. Ultimately, the power lies within you.

Choose an Energy healer who feels comfortable and supportive and together you can embark on your path to healing and empowerment.

Still Unsure About Energy Healing?



If you're still unsure, I hear you. Like me, you might be open-minded but skeptical. Traditional methods haven't worked and you're looking for something different. That can be scary.

However, energy healing could be that gentle yet powerful support system you've been missing. It's not a magic bullet, but it can be a transformative tool. Imagine empowering your body's natural healing abilities, boosting your immunity, and fostering self-discovery – all leading to greater holistic health and well-being.

Ready to Explore Further?

Curiosity is the first step. Here's a summary of the steps and how to take charge:

- **Research:** Explore different energy healing practices.
- **Find a Practitioner:** Look for someone who resonates with you.
- **Free Consultation:** Schedule a consultation and ask questions – interview them thoroughly, just like you would any healthcare provider.

A reputable practitioner will have your best interests at heart. They'll honestly tell you if energy healing is a good fit and even refer you elsewhere else if needed.

Remember, you are the captain of your health journey. Embrace exploration, trust your intuition, and see where this path of self-discovery leads you. Energy healing might unlock the key to unleashing your body's natural potential for wholeness and holistic wellness.

Curious to Learn More?

I'm here to be your guide to the world of energy healing, with no pressure or sales pitches. If you have questions or simply want to explore this approach further, I'd love to connect!

Free Resources:

- **Email – Ask Me Anything:** Feel free to shoot me an email. Please Copy and Paste this email address into your favorite “To” email box. And, put “Energy Healing” in the Subject Line. I’ll answer any questions you have.
YourEnergyHealingService@gmail.com. (This is not a clickable link.)
- **Free Chat:** Want to delve deeper and get to know each other better? Use my Booking Calendar for a free chat by clicking/tapping here: [Free Chat - Discover If Energy Healing Is Right For You](#)

© Dexter Goodbey – All Rights Reserved - 2024

Disclaimer: The information provided in this Guide is for educational purposes only and should not be interpreted as medical advice. Here, and in my daily Energy Healing Practice, I do not diagnose illnesses or prescribe medication. All of the techniques and modalities I use, including Pranic Healing and others, are not substitutes for traditional medical diagnosis or treatment. They are intended to complement existing medical practices and should not be used as a replacement for professional medical advice, diagnosis, or treatment. If you have a serious medical condition, please consult a qualified healthcare professional of your choice. The healing practices, modalities, and protocols I use are holistic approaches to wellness that aim to balance and harmonize the body's energy systems. They are not intended to cure specific diseases or conditions.