

### **3 Reasons Energy Work Causes Pain**

**You may hear someone say that energy healing, such as Reiki, can hurt. Even though you might find it hard to believe that someone could focus solely on the energetic field and experience physical pain, these experiences certainly can happen during energy work. There are three different reasons why someone might experience pain while connecting in with different levels of the energy body.**

**#1-The first reason energy healing can hurt is because there is already damage or tearing in the structured, first level of the field known as the physical template. Remember how much time we spent on field repair, tending to old injuries and areas in the body where the field has been compromised? This is the reason we don't go into full on "send mode", blasting energy full tilt on areas of the energy field that are open like a frayed screen.**

**If you send Reiki energy to places of the field that are damaged or weak, your work will not hold or last. Proper field repair techniques ensure that your energy field can hold the good work you have done. At the end of every session, go back and seal the energy field to make sure the changes you have made will last.**

**#2-Another area you might experience pain during energy work is on another structured level of the field, the 5th level Etheric Template. You may have a weapon or obstruction from another lifetime lodged in the energy body that needs to be removed. Astral implants and overlays can also be physically painful when they are removed. Remember the story I told you about the chastity belt that was still embedded in the fifth level of my field? Well, that was extremely painful and I wasn't being physically touched at all while it was being removed.**

**#3-The third and final reason you can experience pain during energy work is when you are growing and developing your energetic anatomy. When I began doing the Light Body activation exercises, I initially experienced pain around my shoulder blades where my heart center was opening. It felt like I was sprouting “angel wings” near my scapula, in an uncomfortable but beneficial kind of way. Eventually the discomfort stopped when my body became comfortable holding higher frequencies.**

**Think of how a new workout routine causes soreness. When you change the structure of the physical body it can hurt. Changing your energetic structure is no different.**

**My personal pain and discomfort during energy work returned a few years later when I became certified to teach the Awakening Your Light Body course. After a three day intensive weekend of doing training on the light body centers at the heart area, my chest was literally sore, like I had been working out very hard in my pectoral and sternum area. I still find it fascinating that energy work can cause physical sensations. Just think of the possibilities for your body! If you can have an uncomfortable physical response from energy work, this means you can also experience profound healing benefits with measurable results! Let this be a source of encouragement for you. Pay attention to physical responses in your body when you do energy work!**