

# What is... Bioenergy healing?

Unblocking your energy to cure illnesses and sensitivities is the claim of this therapy. *Angela Kennedy* tries a session and finds out just how potent the technique can be



**I**t might sound like a modern buzz word, but bioenergy healing is actually based on a well-established system, relating to the flow of energy through the body. Energy is moved around the body between conductive points known as energy centres. But sometimes this flow is blocked – and that's when health problems can start. If you suffer from a chronic problem, such as back trouble, unexplained aches and pains, or perhaps an emotional imbalance

like depression, this technique could help. Michael Cohen, founder of the Bioenergy Healing Clinic in London, believes it could get to the root of the problem and help your body to heal itself. The treatment uses hands-on and hands-off methods to scan your body's energy system. "This can access and positively affect your body's physiological and psychological systems, pinpointing your primary blockage points, which I believe are the root cause of each of your illnesses, injuries, issues or symptoms," says Michael. "I don't rely on text books or case histories, instead I use the scanning technique (see the box below) to pinpoint blockages of energy within the body and relate them to emotional or psychological problems."

But what if you're lucky enough not to have any serious symptoms? Perhaps you just feel vaguely fatigued on occasion or can't seem

to shake that cold? "Busy lives mean that we often neglect to look after our body," says Michael. "But just as a car needs its MOT, so your body requires maintenance. Bioenergy healing does this by revitalising your body on a cellular level, even if you don't have any acute symptoms." Once your blockages have been identified, your body's circuitry system can be 're-wired' to release psychological and physical memory patterns, and to activate your body's healing and repair mechanisms. The practitioner manipulates the blockage points along the scanned line on the client's skin with a light touch from their index finger, to encourage the energy to flow properly again.

One of the leading experts on bioenergy healing, Michael only found out about this technique six years ago. His calling came unexpectedly, when he was running an organic food business: the person who was to become his teacher simply walked into the shop, started talking and made him see things in a totally new light. "He transformed my life," says Michael, "it was

## What is scanning?

Bioenergy healing uses a scanning technique to pinpoint the origin or root cause of your condition. The practitioner uses the eyes and hands to scan the client's body to find your primary blockage points. These energy blocks need to be treated before you can make a full recovery. This method is precise, and tailored to the individual, rather than relying on more general body maps.