

Three Phases of *Preventive Energy Medicine*

By Mara Bishop, MS, ThM, CSC

We often can prevent illness by understanding its causes, having good health maintenance routines, and seeking professional help early. Everything we come in contact with potentially affects our health: the air we breathe, the water we drink, the materials in our homes, the buildings in which we work, and the people with whom we interact. All of these contain substances that can help foster health or create illness. Some are physical and some are energetic; an energetic environment underlies the physical environment. We inhabit the Energy Ecosystem as fully as we inhabit our physical surroundings, and it can have as much impact on our health.

Physical toxins contribute to illness. For example, exposure to some herbicides, pharmaceuticals, and heavy metals (like lead, arsenic, or mercury) can cause nerve damage. Energetic toxins do something similar. They erode the integrity of our energy bodies, which then creates physical and emotional symptoms. For instance, if you are being emotionally attacked, verbally abused, or living with a rageful person, the toxic energy of anger and violence is likely permeating your energetic body. Depending on the state of your energetic boundaries, you may be able to fight off that energy for a while before you are deeply affected by it. But that energy is poisonous, not unlike the way lead is poisonous. Eventually, if you stay in that situation without removing the source of the toxin, significantly strengthening your energetic boundaries, or both, your health will suffer. Symptoms may include depression, chronic pain, stress, insomnia, fatigue, gastrointestinal issues, hopelessness, or a sense of disconnection from yourself and your life.

These situations often improve significantly with energetic healing and learning to work with the Energy Ecosystem. This

is preventative energy medicine: becoming aware of your energetic environment and its potential to affect you, and taking steps to create a healthy environment before illness sets in. If the concept of energetic toxins seems strange to you, think of this. Many of the substances that research has documented make us gravely ill, such as lead paint, tobacco, and mercury surrounded us in everyday life before we became aware of their harmful effects. Some, like pesticides, still do. In many instances they are invisible, the way energy is to many of us now. However, their effects are very tangible, as the effects of the energy of people and places can be.

MAINTAINING ENERGETIC HEALTH

There are three essential steps to staying healthy energetically:

Prepare. Get to know your energetic body; learn what it feels like when it's relaxed and balanced; learn ways to control its levels of permeability to the energy of others and your surroundings; and develop the tools to safeguard yourself energetically.

Protect. Use what you've learned during the Prepare phase consistently. This retrains your system to react differently to the input from the various situations you face. Metaphorically, this is like dressing for the weather—defending yourself from a blast of cold by putting on a coat. Energetically, the cold may be the sadness of a needy coworker that transfers as they vent to you, or the resentment of an ex, which hits you when you open their email.

Cleanse. Practice good energetic hygiene. Regularly rid yourself of energy that is not yours, and minimize the effects of toxic energy.

Once you are aware of the way the Energy Ecosystem affects your health, you can learn methods to navigate it more effectively. I can help with individual sessions or through classes. hhh



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She holds master's degrees in Energy Medicine and Theology and a bachelor's degree in Art and Communications. She is a graduate of the Foundation for Shamanic Studies Three-Year Program in Advanced Shamanism and Shamanic Healing, Sandra Ingerman's Shamanic Teacher Training program, and advanced training with Betty Bergstrom. Mara is the only Harner Certified Shamanic Counselor® in North Carolina.

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