**WHAT DOES ENERGY HEALING FEEL LIKE?**

If you are new to energy healing, you might be wondering what to expect.

It certainly makes sense to educate yourself about what spiritual energy might feel like before you undergo an alternative medicine or complementary therapy treatment.

After all, how do you know it’s working when it is physically non-invasive?

**ENERGY MEDICINE IS DIFFERENT FROM CONVENTIONAL MEDICINE**

We are used to physicians setting expectations when we undergo a surgical procedure or take a drug. They usually can tell us how we are likely to feel when we undergo a treatment because the responses of many other people have been measured.

Allopathic medicine is generally targeted to one area of the body, is studied in a logical fashion and attempts to treat all bodies in the same way. However, [energy medicine](https://susanjamieson.com/what-is-energy-medicine/) is holistic, approached intuitively by the practitioner, and treats each person as a unique individual.

**EVERYONE HAS THEIR OWN UNIQUE EXPERIENCE WITH SPIRITUAL ENERGY**

What this means is everyone has their own unique experience with spiritual energy. There is no right or wrong way to feel. You have a different vibrational frequency and perceive reality from your own unique vantage point. You also have your own blocks, limiting beliefs and other issues. No one else has this exact combination of attributes – you’re unique!

It doesn’t matter if your friend told you how they felt on the massage table when the healer ran their hands above their body. What matters is that you trust the process, and if you can, put your expectations aside so you can be receptive to what unfolds in the moment. That way you won’t be analyzing what’s going on and you can simply relax and receive your healing.

**COMMON FEELINGS YOU MIGHT EXPERIENCE**

With that caveat, here are some common experiences people often notice when receiving energy healing using spiritual energy.

**TEMPERATURE CHANGES**

As the neutral spiritual energy passes through your system, it creates change within your energy field. If the focus of the healing is on your core, you may feel cold and need a blanket. Or if you are releasing blocks, you might feel hot, as they are being removed. It’s possible that you might shiver or sweat as a result. The effect may be all over your body or localized to a specific part.

**MOVEMENT**

You may feel movement inside or outside your body. Perhaps you feel a cool light breeze or a wave of heat that washes over you. You may feel the sensation of things moving around inside your body. The practitioner may be focused on your head and you feel a shift in your feet or vice versa. There can also be movement as energy is released that could feel like things loosening up or popping out. It could be literal such as the need to pass gas, or just a feeling that something is moving around.

**BODY SENSATIONS**

As you undergo a healing session the body is being encouraged to release unhelpful energies. It has many innate ways to do this, which include yawning, coughing, sneezing, burping and more. You might notice your stomach gurgling for example. These can all be signs that the spiritual energy is doing its work and catalyzing changes within your system. Other common sensations can include tingling, numbness, and pulsing. You might be more acutely aware of your breath and your heartbeat.

**PHYSICAL SENSATIONS**

Sometimes, an energy healing may stir up physical pain and discomfort as the spiritual energy works to clear the imbalances. You might even feel sick, especially if you are resisting or in fear about the core beliefs that underlie your condition. It’s best to be gentle once the session is over. Remain seated or lie down in case you might feel light headed. You might even deliberately bend over to release any excess spiritual energy that has built up in your system.

**FEELINGS AND EMOTIONS**

Emotional reactions are fairly common. If you have a physical condition, there is usually an emotional imbalance that underlies it. Emotional release can take place resulting in feelings of relaxation and relief. Sadness, grief, resistance, or fear might come up. If this happens, you should share your concerns with the practitioner and try not to resist as your resistance will make you less receptive to the healing.

**SPIRITUAL EXPERIENCES**

Some people have spiritual experiences during an energy healing session. This can include seeing inside your body, having visions of benevolent helpers, hearing comforting music or generally feeling safe and comforted by a higher force. Some people fall asleep during a session, whereas others feel much more present in their body and report feeling more present and more solid.

**MENTAL CALM**

The experience of setting time aside just for you can help you to calm your thoughts, release mental chatter and relax. It isn’t always the case though, and on rare occasions, you might be triggered in some way by the healing. If that happens that is likely something within you that is being brought to your attention to be healed. A good practitioner will help you through that.

 **NOTHING**

It’s also very common not to experience anything during an energy healing. This doesn’t mean the healing is not effective. It may be that you are not particularly sensitive to subtle energies. Or you have a lot going on in your mind and emotional life to distract you. Or that the healing occurred on a level of your reality that didn’t translate into anything you could point at.

**THE AFTERMATH OF HEALING WITH SPIRITUAL ENERGY**

A spiritual energy healing acts as a catalyst; like having your car battery charged. The energy is there for you to distribute and use in your continued recovery process. This happens naturally and unconsciously. So don’t worry you don’t need to know what to do with it. The body has received a boost and the healing will continue. You may notice you need more sleep, exercise, hydration or different nutrition after your healing as the body rebalances and adjusts to the changes that were made.