

## Accessing Energy Medicine

Technique	Directed Toward	Useful for
Shiatsu	meridians	muscle tension associated with organ disfunction
Reflexology	reflex points on feet	general
Cranio-sacral	energetic rhythms through spinal fluid	especially old traumas held in energy body
Zone therapy	regional energetic zones	general
Homeopathy	overall pattern of energy flow	chronic disorders
Acupuncture	meridians and points	general
Polarity	flow between positive and negative points	general
Phoenix Rising yoga therapy	postures to redirect energy	emotional release
Reiki	energy infusion	general
Bioenergetics and Core energetics	reconnecting to lower chakra energy	repressed emotions
Breathwork training	various: unearthing emotions and directing energy	strengthening integrative consciousness and dealing with repressed emotions

Taken from:

Ballentine, Rudolph. *Radical Healing: integrating the world's great therapeutic traditions to create a new transformative medicine*. 1999. Three Rivers Press. New York. Page 413.