

Children and Energy Healing By Karen Allaire RN, MS

“What if I see more than one angel?” Eight-year-old, Nathan, asks during the guided meditation period of our Reiki Kids Class. It is a Saturday afternoon in the office of Intentional Energy, and I am delighted with Nathan’s question. “That’s great,” I assure him, and then add for the benefit of Sarah 6 and Emily 11, that people experience the healing power of energy in different ways. Sometimes it’s visual, or a feeling that your hands are warm and tingly.

Children are natural energy healers. They are able to receive healing energy, learn the techniques and tap into their inner healer. Children have an ability to tune into auras, angels, and other energies most adults aren’t aware of. Through the use of art, music, guided imagery and active imagination, I create a space where they can explore their gifts and talents while learning about energy.

The National Center for Complementary and Alternative Medicine (NCCAM) created by The National Institutes of Health (NIH), defines energy healing as a biofield therapy involving the use of the human energy field that surrounds and penetrates the body. As an energy healing practitioner, I believe the energy field is a part of but not limited to the human body. I use the Aryurvedic model, which defines major energy centers called chakras. In the Sanskrit language chakras are defined as wheels of light. These centers correspond to the seven major nerve ganglia in the nervous system of the body. The increase in personal testimonials about the benefits of energy healing is spreading the word that energy healing is an effective and option in the field of complementary health care.

What is an energy healing session like? The client sits in a comfortable chair, or lies on a massage or exam table, or on a hospital bed. They are fully clothed except for shoes. If the client is a young child they might play during the session. Energy healing practitioners access energy from a benevolent source greater than themselves and act as a conduit between the source and the client. They use light hand touch placements on or near the body. The intention is to smooth and balance energy, releasing any blocks in the field. The client may receive healing energy if the field is depleted. The stronger the conduit, the stronger the connection the client forms with their inner healer.

Some of the most gifted children I have worked with are part of the large number of children we see today who have been diagnosed with behavioral disorders. These include Attention Deficit disorder(ADD), Attention Deficit Hyperactivity (ADHD) disorder and Autism. Many parents and professionals consider the recent increase in these diagnoses as epidemic. Yet others, particularly those of us working as energy practitioners, see another trend. We think of these children as the “new children”. This term is an attempt to explain that these children have a greater understanding of the energetic world that their parents have not been privy to. They are often highly evolved and intuitive.

It is clear to medical experts, teachers and parents that children learn in different ways. They also process energy in a myriad of ways. Some are clairvoyant, such as Nathan who could see the angels, others process energy by movement known as clairkinetic, and

still others, experience a feeling sensation in their body. They are clairsentient. Instead of seeing these children as highly gifted, they are often misunderstood, labeled and seen as challenging and disruptive. To help these kids develop their natural abilities in positive ways, I teach them Reiki. Until schools implement curriculums that are a better fit for kids carrying these labels, teaching children energy healing is a tool to foster their creative abilities.

For children acutely, chronically, or terminally ill it is more effective to work with the child's parents or with the child's energy directly. The following cases are from my practice as a Pediatric Nurse Practitioner.

Carrie, is a two year old, who when swallowing thin liquids aspirates them into her lungs and gets pneumonia. In addition to placing her on thickened liquids, I started treating her with energy healing. She received a combination of Healing Touch, Reiki and Craniosacral Therapy. After three sessions, she has not had a recurrence of pneumonia. She struck me as a wise old soul, extremely sensitive to the energy, and more cooperative than I would have expected from a toddler. In the third session she informed me we were "all done." It turned out she was right. Before and after swallow studies confirmed her insight.

Rachel, is a 16 year old, with an eating disorder. She has periods of anorexia and bulimia. I treat her with a combination of Soul Awareness energy healing and Craniosacral therapy. She is reporting relaxation of the tight areas in her mouth and jaw, and feeling more in her body.

John, is a 6 year old, with cancer who had multiple courses of chemotherapy and 3 bone marrow transplants. He and his parents reported Healing Touch as helpful to decrease the side effects of chemotherapy, the bone marrow transplants and an experimental antibody infusion he received. Joey's mother told me that the Healing Touch techniques I taught her to do with him were a part of his peaceful death.

I believe we are undergoing a paradigm shift in world consciousness and children are our greatest teachers. As adults we must act as their advocates and support their gifts. Energy healing is a way for children to learn and process information. They are naturals. They love to play and be creative. If we honor their skills together we can be part of evolution.

Karen Allaire, of Madison is a Holistic Nurse Practitioner who combines her 24 years of experience as a nurse and Certified Pediatric Nurse Practitioner with her experience as a Reiki Master Teacher, Certified Healing Touch Practitioner and Certified Advanced Energy Healer. She blends Craniosacral therapy into her Holistic Nursing practice. She provides classes, sessions and consultations through her practice called Intentional Energy.