



Five Keys for Introducing Energy Medicine for Self-care to Children

Niki Elliott, PhD

As parents, we want nothing more than to see our children healthy and thriving in all areas of life. At a young age, we teach them dental and physical hygiene. As they develop and mature, we teach them first aid techniques to handle emergencies and we encourage healthy eating habits to maintain long-term well-being. We pass on the very best (and sometimes the worst) of what we have learned or observed from our parents and health care providers. Yet inside, many of us recognize that there is still so much more that we do not understand about how healing occurs or ways to help our children work proactively to maintain a state of wellness.

Over the past decade, many parents have moved beyond the conventional health care model to explore how Energy Medicine or subtle energy therapies like Reiki, Healing Touch, yoga, meditation or chakra balancing can help their children maintain higher levels of physical, mental and emotional health. In my work, I specialize in helping parents support their children's behavior, learning and health challenges with an energy balancing technique known as *The Innerlight Method*. Parents frequently ask me to help them find a meaningful way to introduce the concept of Energy Medicine to their children before they experience their first session. They also ask me to help empower their children by teaching basic energy balancing

techniques so they can take ownership of their own healing experience. In response to these frequent requests, I developed the following five keys to make it easy for parents to help their children add Energy Medicine to their lifetime wellness toolkit.

Explanation

It is important to help children understand that we are made of much more than the skin, bones, muscles and organs we can see with our eyes. Explain that every living thing is made of energy, also known as chi or prana. Just like our breath, the field of energy that surrounds and flows through our bodies is usually invisible, but it is essential to sustaining our life. Most children easily relate this to the concept of force fields that are discussed in Star Wars and many superhero comic books. When we think thoughts, streams of energy flow out from us and affect our own health and the wellbeing of others around us. We all have energy centers in our bodies, known as chakras, which store the energy of these thoughts and emotions. Positive thoughts and peaceful emotions raise our energy and contribute to our healing. Negative thoughts and painful emotions lower our energy and can contribute to physical, emotional and spiritual health challenges if they are not identified and released. We are all transmitters of energy and receivers of energy. That is why it is so important to be aware of how our health is affected when we feel certain



emotions, when we are placed in certain environments or when we spend time around certain people.

Observation

Invite your children to take a few days to observe how they feel mentally, emotionally and physically when they are in the presence of someone who vibrates high energy—positive thoughts and peaceful emotions. Ask them to keep a journal and note the people, places and activities that help them feel calm, uplifted, energized and healthy. Next, ask them to make a list of the people, places and activities that vibrate lower energy—critical, negative thoughts or

children to help them learn to relax. My favorite is a super-short relaxation practice known as The 60 Second Fix by Dr. Regalena Melrose. It really only takes 60 seconds!

Imagination

In a relaxed state, invite your children to imagine that they can see inside their own body while their eyes are closed. Gently guide them to look at each part of the body from head to toe. They may report seeing bright or dark colors, or they may report feeling a flowing river or stuck balls of energy in different parts of the body. They may simply have a knowing

Teaching children these fundamental concepts of Energy Medicine for self-care is something that you as a parent can do easily and successfully.

painful emotions. Ask them to compare how they feel after spending time in both settings. I find that most children can immediately intuit the energetic pattern of people who are kind, trustworthy and supportive. They should also be trained to observe how their own energy affects those around them at home and at school. As parents, it is so important to give children permission to avoid sustained contact with people or environments that they perceive negatively impact or lower their energy. This is a critical key to practicing Energy Medicine as a lifetime wellness tool.

Relaxation

Achieving a state of relaxation is the next critical step in the practice of Energy Medicine. Children can learn to observe how their energy and sense of well-being have been impacted by their own thoughts and emotions, or by the thoughts and energies they absorb from interacting with others in their environment. Once learned, it is time to help them understand that by relaxing, they can begin to redirect their energy to create a healing effect in the body and mind. There are many wonderful mindfulness, meditation and breathing techniques you can practice with your

of where energy is blocked without seeing or feeling anything at all. Encourage them to trust their inner knowing. Each person will have his or her own unique imagination or visualization tools that help them identify energies that need to be healed and released. Once the blocked energy or emotions have been identified in the body, ask the child to try to identify the person, place or personal experience where the energy originated. Before clearing and releasing the energy, I always recommend offering a word of forgiveness—of self and all others—setting everyone involved free from the thought forms and emotions that lead to illness and despair.

After sensing the forgiveness ritual is complete, begin the process of clearing the energy. I encourage clients to light a small tea light candle (under adult supervision, of course). Imagine all the lower thought forms and emotions streaming from the head down through the body and out the legs. Imagine all of that energy streaming into the candle and being consumed by the fire. Then imagine the light of the candle streaming up from the tips of the toes and filling the entire body with light, love, peace, health,

courage and any other qualities the child wishes to embody. This entire process can take anywhere from five to 10 minutes depending on how quickly your child is able to access and maintain a relaxed state. Never worry if initial attempts seem fruitless or if your child resists the practice. I encourage you to adopt your own practice and allow your child to observe you practicing Energy Medicine.

Repetition

Daily practice is the key to measurable results. Just as we brush our teeth, shower and wash our hands daily, so must our practice of Energy Medicine become a regular part of our self-care routine. Since it takes approximately 21 days to break a habit and establish a new routine, I strongly encourage you to sustain this daily practice with your children for at least a month before measuring progress.

Respectfully, the field of Energy Medicine is far more expansive than what has been captured in this article. However, I have found that teaching children these fundamental concepts of Energy Medicine for self-care is something that you as a parent can do easily and successfully. Even if you are a complete beginner, you can use the five keys offered in this article to help your children grasp the basic concept of energy techniques and begin to put it into practice. Because children are primarily impacted by their parents' state of energetic well-being, I highly recommend that you join them in practicing the five keys to keep your own energy at the highest possible level. In a short time, you may be surprised to experience a much greater sense of calm, joy and general well-being in your household as you and your children become your own inner healers. €



Author Niki Elliott can be found at
www.InnerLightSanctuary.com.