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If you look into traditional Taoist history energy healing is found in chi gong, or Qigong.

The human flow of energy is dealt with through this kind of energy healing in a collection of techniques. These techniques help you to use the human body's chakras and meridians. The focus points, and channels of the body are these chakras and meridians through which the chi, or Qi, energy flows.

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So it is the careful observation of the Chinese medicine that says many illnesses are caused by blockages in these channels. When you learn to become aware of the internal energy of the body, to practically utilize, circulate, and direct it, people can also connect with the energy of the universe, which is the yang chi, and of the earth, the yin chi, and then learn to interact with all of nature as a whole force. You have to practice these techniques and energies as much as possible, so that chi gong will alleviate pain, strengthen the body's constitution, improve intelligence, and prolong life.

In the west our exercise concentrates on muscular development. The application of stress, through exercise, and load builds up strength. So it works from the outside inward. Chi gong works the body the opposite way, from the inside, outwards. Its aim to make the connection of body and spirit. Breathing, concentration, and physical movements are highly focused to increase chi.

By a few highly trained people chi can be very powerful. These Some Kung Fu masters can light things on fire, make solid objects turn into dust, heal cancer instantly, survive car crashes that would normally kill a man, cut bananas in half with their fingers, without touching it, like a laser, etc.

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Energy healing is taken to a whole new level for these people. The power of their energy healing chi is unreal: they could drop a large man to the ground unconscious with only 2% of their power. It is not easy. The training goes on for many years, possibly their whole lives. There are about 74 different levels, and it takes about 9 years to pass level 1.

No, this kind of energy healing is not meant to be practiced by everyone. But energy healing is not hard to master. You don't have to live in China to learn it either. Do you have to train your whole life to reach some awesome peak of enlightenment? No. If you listen to your inner voice I think enlightenment can come at any time and place.

We are all part of the same source, we are one, and there is still so much left to discover. Enlightenment is often made hazy by tradition. Discovery is the important thing. Because in essence you are creating the things you discover. WhiteLight Self-Empowerment is probably the purest modern energy healing systems around today.

Discover it now, and expand your consciousness, your time has come! Here you can learn more:[energy healing](#)

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