

# 21<sup>st</sup> Global Nursing Education Conference

4<sup>th</sup> International Conference on

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## Holistic Medicine and Nursing Care

March 25-26, 2019 | Orlando, USA

ACCEPTED ABSTRACTS

JOURNAL OF NURSING & CARE, VOLUME: 8 | DOI: 10.4172/2167-1168-C4-104

### An experiential introduction to the role of energy work in holistic care

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Interpreting the vibration of the human energy field is fundamental to using energy techniques for both patients and practitioners. Developing skills to discern disruptions in the energy

field and the expertise to know which energy technologies will be most effective for relieving disruptions expedites healing. Various protocols for energy work can be used to quickly determine the root cause of physical and emotional symptoms and subsequently lead to alleviation of symptoms. In some cases, knowing the root cause behind symptoms isn't necessary. There are energy techniques for such instances. As we build our skills and learn to hone in on

disruptions in the energy field we can remove these disruptions with minimal, if any, discomfort. There are efficient and effective self-help energy techniques that relieve the effects of stress and calm the nervous system, thereby supporting the body in healing itself. Addressing the health of the human energy field supports our well-being and success. Patients and practitioners alike benefit from even a basic understanding of energy work.

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