Energy Healing Explained

Even for Skeptics

How Holistic & Pranic Healing Work—
And How to Decide
if It's Right for You

Dexter Godbey

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Disclaimer: This book is for educational and informational purposes only. It is not intended to diagnose, treat, cure, or prevent any disease. Energy healing is a complementary approach and should not replace medical or mental health care. Always consult a qualified healthcare professional for medical or psychological conditions.

Acknowledgement & Dedication

I want to acknowledge and dedicate this short eBook to all the friends that continually harassed, cajoled, threatened me, and shoved me - hard- to give energy healing a try. I had recurring injury pain that nothing traditional I'd tried for decades helped with at all.

During those decades of suffering, I was a complete, 100%, dyed in the wool, unshakable, cold hearted NON-BELIEVER in anything woo-woo. Including so called "energy healing."

I finally agreed to "try" it just to get them off my back.

I went to that first appointment to prove I was right. All that happened is that I proved I was wrong. (You can read more about this below if you're so inclined).

And it's to them - those relentless, sometimes obnoxious, pushy friends - that I owe a huge thanks to for setting me on this remarkable journey of service and enlightenment that rewards me daily and proves to be beneficial to so many others.

Thank you all for not giving up on me!!!

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A Small Favor

Introduction

This book is written for the curious, the skeptical, and those quietly hoping for clarity.



Energy healing works with the body's energetic systems that exist whether you believe in them or not.

The illustration above represents the physical body. We're all familiar with that.

Most people don't know this, but there's also an invisible field of energy around your body. It's scientifically called your "Biofield." Your thoughts are the electrical charge in the Biofield. Your feelings/emotions are the magnetic charge in the biofield.

The electric and magnetic biofield is commonly known as your “Aura.”

Your Aura influences your mental, physical, emotional, and energetic health, well-being, balance, resilience, and recovery.

Energy healing is based on a simple principle: the body has an innate ability to heal itself when its energy systems are in balance, alignment, synch, harmony, and flow.

Long before modern medicine, cultures around the world recognized life force energy - known as prana, chi, or qi. When this energy becomes congested or depleted, your systems get out of balance and alignment. Discomfort and dysfunction follow.

Energy healing works by clearing, balancing, aligning, and strengthening these systems so the body can do what it already knows how to do: heal itself.

Energy Healing?

The human body is electrical, magnetic, and energetic.

When this system this complex system becomes

congested or depleted with negativity or negative energy (i.e., energy vibrating and the “wrong” frequency) symptoms often appear.

Energy Healing: A Multifaceted Approach to Health and Wellness

Energy Healing rests on the fundamental principle that everything is energy. And our health and well-being are intricately connected to the flow of this energy within us and through our energy fields (Auras), energy centers (Chakras), and Energy Highways (Meridians).

Our bodies are self-healing machines when in perfect balance, alignment, and flow.

When this flow becomes stagnant or blocked, it can manifest as physical, emotional, or mental disease.

Energy healing practitioners aim to identify and clear these blockages, promoting a more balanced and harmonious energy flow within your physical, emotional, and energetic bodies.

It's a personalized approach. It’s not a "one-size-fits-all" solution.

Different Modalities – Different Approaches

A variety of modalities exist, each with its unique approach. To get you thinking, here are brief descriptions of a few of the multitude of methods and systems:

Reiki

Reiki is a gentle, hands-on or hands-near healing practice originating in Japan. Practitioners serve as conduits for universal energy, allowing it to flow where needed. Reiki is widely used for relaxation and stress reduction. It is less diagnostic and structured than Pranic Healing.

Acupuncture

Acupuncture is a Traditional Chinese Medicine practice that stimulates energy pathways using fine needles. It focuses on restoring balance in the meridian system. While highly effective, it is mildly invasive and requires in-person sessions.

Healing Touch

Healing Touch is commonly used in medical settings and focuses on balancing the human energy field through gentle touch or near-body techniques. It is often supportive in hospitals and hospice care.

Emotion Code / Body Code

These systems focus on identifying and releasing trapped emotional energies stored in the body. They are particularly effective for emotional patterns but do not address the full energetic anatomy as comprehensively as, for example, Pranic Healing.

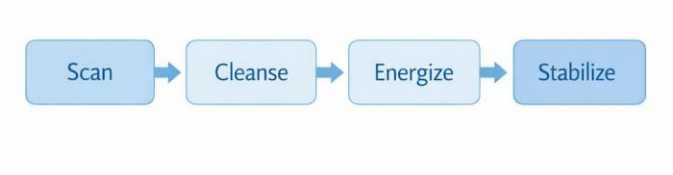
Pranic Healing:

Pranic healing is a structured, no-touch energy healing system developed by Master Choa Kok Sui. It works by scanning the energy body, removing congested energy, and replenishing it with fresh life force drawn from the sun, air, and earth. Pranic Healing is systematic, repeatable, and does not rely on belief or visualization, making it especially effective for skeptics.

It stands out because of its clearly defined methodologies and precisely written and followed protocols.

It follows a precise, repeatable, step-by-step methodology. All Pranic Healing practitioners throughout the world follow the same strict protocols so there's no guesswork.

The underlying structure is:



Each protocol, whether for a common cold, broken leg, cancer, anxiety, depression, or old traumas follows these same guidelines.

This systematic approach differentiates Pranic Healing from intuitive-only methods.

A Few More Energy Healing Practices You Might Want To Explore - All of these fall under the general umbrella of "Energy Healing:" Holistic healing, alternative healing, spiritual healing, vibrational healing, crystal healing, reflexology, acupuncture, acupressure, sound healing, energy therapy, subconscious mind reprogramming, and more…

A Section for Skeptics

Skepticism is healthy.

You don't need belief for energy healing to work. You only need openness to experience something new.

Electricity worked long before we understood it. Gravity didn't wait for belief. My cellphone's GPS system is still a mystery to me.

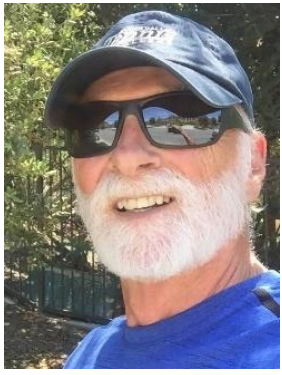
Energy healing works on what are now observable principles: electromagnetic fields, biofields, and resonance. Science stuff.

The question isn't whether energy exists. It's whether working with it can produce measurable results.

The only honest tests are what you experience and if that experience gives you satisfactory positive results.

And you get to decide what "satisfactory positive results" means to you. No one else's definition matters. It's all about you.

My Journey: From Skeptic to Transformation



Hi, I'm Dexter Godbey.

I struggled with a chronic, painful physical issue for over 30 years. Traditional methods brought little relief. I felt frustrated and hopeless. And a little angry.

Then came the turning point.

Despite being a hard-core skeptic and non-believer, I decided to try energy healing. I fully expected it to fail. Just like everything else had.

The result? Life-changing. What felt “miraculous” at first, I now understand as science in action. Quantum mechanics/physics to be precise.

That experience ignited a passion. I dove into energy medicine, exploring techniques grounded in science. Not guesswork or mysticism.

My mission became clear: to help others break free from physical, mental, and emotional blocks and unlock their full potential for health, wellness, and well-being.

And to help them avoid suffering unnecessarily for 30 years like I did. I figured if I helped only one person avoid unnecessary suffering for even one day, it would be worth it.

If you’re feeling overwhelmed by the countless energy healing modalities and practitioners, you’re not alone.

This is your guidebook to simplify the journey and help you take your first confident step toward release, relief, and transformation.

Is Energy Healing Right for You?

Energy healing is something you evaluate through understanding, experience, and mostly results.



The decision process, as illustrated above, is entirely in your hands.

Here are **five compelling reasons** to at least give energy healing a try. Even if you're skeptical or a non-believer. And even if nothing else has worked for you:

1**. It Addresses the Root Causes, Not Just The Symptoms**

Energy healing works on the body's energetic blueprint. Negative energy in any form often underlies mental, physical, and emotional issues. When the root imbalance is corrected, symptoms can naturally improve.

2. It Complements Other Treatments

Energy healing works alongside conventional medicine, supporting the body's natural healing processes rather than replacing standard care. Just by reducing stress and promoting relaxation, it helps

improve resilience and overall well-being. Benefits include lower anxiety, improved nervous system balance, and better quality of life when combined with medical treatments. While not a substitute for evidence-based medicine, energy healing can be a valuable complement to integrative care models.

3. It's Non-Invasive and Safe

No drugs. No surgery. No harsh side effects. Energy healing uses gentle techniques that support your body's natural ability to heal itself.

4. Science Is Catching Up

Modern research in quantum physics and biofield science is validating what ancient traditions have known for centuries: energy influences health. Skepticism is healthy. So are facts. And scientific facts are starting to explain why energy healing techniques work.

5. You Have Nothing to Lose - And Everything to Gain

If you've tried everything else without success, why not try something different? At worst, you'll feel relaxed. At best, you'll experience a breakthrough that changes your life.

Finding Your Personal Healing Path

If you're at least ready to think about trying energy healing, here are your next steps.

You'll need to find the perfect fit for your unique needs.

Here's how to simplify your search:

1. **Define Your Goals**

Before diving in, get clear on what you want to achieve. Are you looking to:

- Heal from emotional trauma?
- Reduce stress, tension, and anxiety?
- Overcome a physical challenge?
- Reduce suffering from illness?
- Improve your relationships?
- Experience a deeper sense of your overall well-being?
- Be released from old programming that no longer serves you?
- Or something else?

Reflecting on these questions helps you focus on the type of Energy work that's right for you. And don't forget to keep asking yourself, "why?" Why do you want to change?

And keep asking “what.” What will my life look like when my pains, problems, and issues are resolved?

Do I want…

- To improve?
- To overcome my challenges?
- To uncover my deepest needs?
- To create a brighter future?

2. **Not sure what areas to target? Find a quiet space and ask yourself:**

- Which areas of my life need the most improvement?
- Where do I feel the most blocked or out of balance?
- What positive changes do I want in these areas?
- How will these improvements affect other aspects of my life?
- What will my life look and feel like after I get the results I want?

Honest self-reflection unlocks the door to your transformation. Don’t forget the “why’s” and the “what’s.”

3. **What’s Holding You Back**? As truthfully and authentically as you can, answer this

question (dig deep here):

What fears, blocks, past and/or current traumas are holding me back from at least trying some energy healing?

Ready to explore Energy Healing? The next step is crucial: choosing the right practitioner!

Finding your perfect energy healer is about experience, success, and compatibility.

Here's how to ensure a good fit:

Trust Your Intuition: How do you feel about a potential energy healer? Comfortable and trusting? Or, uneasy? Unsure? An instant connection is great but take your time to find someone who feels right to you.

Ask Questions: Many energy healers offer free consultations to answer your questions and address your concerns. Don't hesitate to take advantage of this! In fact, insist on it. You want a practitioner who is open and communicative. And isn’t afraid to answer ALL your questions.

Remember This. I was hesitant at first. Downright stubborn, actually. I regret that now. By following these tips, you can find an energy healer who puts you at ease and guides you on your journey to wellness and well-being.

Modern Convenience: Phone and Online Healing? Would that work for you and does the practitioner offer it? In my experience most don't

Technology offers a fantastic benefit: phone and video call Energy Healing sessions for some practitioners and some modalities. Not all though. This opens doors to experienced practitioners who might otherwise be out of reach, especially if you have physical limitations.

Look for a healer who offers remote options if that's important to you.

The Bottom Line: Finding Your Perfect Energy Healer

Energy Healing is a personal journey. You may be exploring sensitive topics and feeling safe, comfortable, supported, and connected with your practitioner is crucial.

Look for a skilled, experienced, and professional practitioner who:

- **Earns your trust**: You deserve a healer who listens without judgment and understands your unique situation.

- **Respects your pace**: This is your journey, and the focus should be on your comfort level throughout the process.

Remember, comfort and connection are key.

The Power of Remote/Distance Energy Healing

I**magine the convenience!** Save time and money (on travel, gas, parking, etc.) by receiving Energy Healing sessions from the comfort of your home. Or on vacation. Or anywhere else. Even without a phone or internet connection.

Some Energy healers offer completely remote/distance energy healing sessions. We can do it because energy is not limited by time or space. That's why you can get TV and radio stations from across the world and videos from the moon and even outer space. As I've said, it's science.

If you choose a practitioner capable of and experienced at remote/distance healing, it means you can receive your sessions even if you're:

- At home (asleep or awake!)
- Playing golf, tennis, bridge…
- Enjoying your book club

- Busy at work
- Cheering for your kids at their soccer game
- Having dinner with your family
- Halfway around the world from your practitioner
- Or anywhere else…

No matter your location and whether or not you're "present" with the healer (in person, on the phone, or online) the healing energy can reach you and support your healing, health, and well-being just as if you were in the same room together at the same time.

And, although this seems like it might be magic, it is not. It's just science. The Science of Energy.

Cost Considerations for Energy Healing

Energy Healing sessions, like most therapies, typically vary in cost depending on factors like the specific conditions/problems/issues to be addressed, location, practitioner experience, your receptivity, and session length.

Based on my recent research (August 2025) across the US, practitioners typically and on average charge between $60 and $300 per hour. Even if they

offer shorter sessions or packages, the average cost per hour lands around $185.

Here's what to keep in mind:

Multiple sessions may be needed. Energy Healing often requires multiple sessions for more serious conditions and for long-term benefits.

Sometimes results are instantaneous. Sometimes not. It depends on how serious the conditions are, how long you've had them, your receptivity to energy work, the experience and skill of the practitioner, and other factors.

Consider your needs. Sessions can serve various purposes, from addressing chronic issues to routine maintenance for overall well-being. Energy Healing can work for physical, mental, emotional, and even spiritual pains, problems, and issues.

Package Offers. If your practitioner offers packages, make sure you understand all the details up front including pricing, payment, number of sessions included, session frequency, and guarantees, if any.

Plan your budget. Make sure your practitioner is transparent with you about pricing and you both factor in the potential number of sessions you might need.

Ultimately, it's an investment: Think about Energy Healing as an investment in your long-term health, wellness, and well-being.

Prioritizing your well-being is a major decision. Energy Healing could be a valuable tool on your journey.

I encourage you to give thoughtful consideration to at least giving it a try especially if you have pains, problems, or issues that have not been resolved by traditional methods.

Ready to Experience Energy Healing? - A Few Final Tips

Let's say you're ready to give Energy Healing a try. You've chosen a modality and an Energy Healer who feels like a good fit for you.

Here are a few final tips to help you optimize your experience:

Open Up: Approach your sessions with an open mind and a willingness to receive the benefits of Energy Healing. Think of it like trying a new cuisine. Close-mindedness limits the experience.

And open up to your practitioner so he or she knows as much as possible about your situation. This will help them save time and energy.

In this respect, I also recommend that you make certain your practitioner has and maintains a strict Confidentiality Policy.

Set Your Goals: Remember why you're seeking Energy Healing. Keeping your "why" and “what” in mind will guide you throughout your sessions.

Healing Takes Time: While some may experience significant shifts in one session, it's often a journey. Be patient with yourself and trust the process.

Embrace the Journey: You’re the driver of your healing journey. Energy Healing helps remove blockages and empowers your body's natural healing abilities. Ultimately, the power lies within you. The Healer is your Copilot.

Choose an Energy healer who feels comfortable and supportive and together you can embark on your path to healing and empowerment.

Ready to Explore Further?

Curiosity is the first step. Here's a summary of the steps and how to take charge:

- **Research:** Explore different energy healing practices.
- **Find a Practitioner**: Look for someone who resonates with you.
- **Free Consultation/Conversation**: Schedule a consultation and ask questions. Interview them thoroughly, just like you would any healthcare provider. Just like you would a potential babysitter for your children. Like you would for a caretaker for your elderly mom dad.

A reputable practitioner will have your best interests at heart. They'll honestly tell you if energy healing is a good fit and even refer you elsewhere if needed.

Remember, you are the captain of your health journey. Embrace exploration, trust your intuition, and see where this path of self-discovery leads you. Energy healing might unlock the key to unleashing your body's natural potential for wholeness and holistic wellness.

Curious to Learn Even More?

I'm here to be your guide to the world of energy healing if you're so inclined. With no pressure or sales pitches. If you have questions or simply want to explore this approach further, I'd love to connect!

Free Friendly Chat

Want to delve deeper and get to know each other better? Use my Booking Calendar for a Free Friendly Chat. Click/tap here: Free Chat - Discover If Energy Healing Is Right For You.

About the Author

Dexter Godbey has been a professional Energy Healer for over a decade. He uses a variety of modalities depending on the specific needs of the client for each session. Most recently he's a graduate of training in Basic Pranic Healing, Advanced Pranic Healing, and Pranic Psychotherapy. He uses Pranic Healing protocols for most of his sessions.

He began his Energy Healing journey as a non-believer. Slowly became a skeptic. And after getting amazing results from an energy healing session and learning that energy healing is Science based - not woo-woo - dived in and has never looked back.

He's conducted thousands of sessions for clients worldwide. He focuses on transparency, clarity, respect, and, most importantly, his clients' satisfactory, positive, results.

A Small Favor

If this book helps you, please consider leaving an honest review on Amazon once it's published.. Doing so will help others who are looking for relief from their own pains, problems, and issues to find some help that may change their lives.