



Energy Field Assessment

Assessing the energy field is an essential step in guiding the choice and implementation of Healing Touch interventions. The biofield should be assessed prior to an intervention and following an intervention, noting any significant changes. The biofield is typically assessed using a pendulum and/or hand scan. Both the use of the pendulum and hand scan are aided by higher sense perception, including clairvoyance, clairsentience, clairaudience, clairgustance, clairience, and claircognizance.

Pendulum

A pendulum is any object of weight suspended on a string or chain. The pendulum may be composed of wood, glass, crystal, or any other material. It is essential that the pendulum have freedom of movement. When placed over a chakra, a pendulum will move with the energy flow of the chakra. If a chakra is open and flowing freely, the pendulum will spin clockwise. Any other movement indicates a disruption in the energy flow. A pendulum that does not move indicates a compromised energy flow. When assessing the field, a pendulum is used prior to a hand scan to obtain a more accurate representation of the state of the field.



Hand Scan

The practitioner may use their hands to scan the energy field, using the sense of touch and higher sense perception to assess changes in the flow of energy of the field. A hand scan is performed following the use of the pendulum to assess the field. The hand scan is completed using a fluid motion without lingering over a particular area given that once the hands are in the field, repatterning of the field may occur. The hand scan begins at the head and follows the energy flow to the feet. The hands should be used to assess the edges of the field, noting any differences in the size and expansion of the field, as well as the shape of the overall field. Changes in temperature and movement should be noted. After assessing the field from head to foot and the perimeter, the hands should be used to come down over the body and through the layers of the field, noting any changes in temperature, density, and movement.

