



Client Experiences of Virtual Energy Healing

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Objective: During the COVID-19 pandemic medical and holistic health practitioners turned to utilizing virtual healthcare. As two experienced eclectic energy healing practitioners and educators who shifted to an online format, it seemed important to document descriptions of client experiences of virtual energy healing.

Methods: We developed a descriptive pre-post intervention design providing energy healing sessions via Zoom and measured relaxation, well-being, and pain as well as open ended questions to capture client experiences.

Results: Results indicated significant pre-post differences with increased relaxation and well-being and decreased pain. Thematic analysis revealed six themes related to client experiences of virtual energy healing: 1) embodied sensations, 2) relaxation, 3) release - a letting go of tasks/anxieties/worries, 4) sense of peace/joy/calm, 5) connection to themselves, others, and something larger, and 6) surprise that virtual energy healing works. Participants reported positive descriptions of virtual energy healing and said they would do it again.

Conclusions: More research is needed to understand the variables that influenced the results and the underlying mechanisms of actions.