

The benefits of energy medicine before and after surgery



First, energy medicine is not a substitute for traditional medical care.

ALWAYS listen to your team of medical professionals. Energy medicine can provide basic energetic tools to offer support for you when you are facing surgery.

Before your surgery, you need to think through and understand WHY this surgery is vital for you at an emotional level. Why at the emotional level? Because the emotion you attach to your responses to the why question makes the answer memorable. Your energetic system will hold on to your why response, so your body will remember what you want.

Answers to the why question includes deeply emotional responses such as spending time with your loved ones, playing with your grandchildren, or traveling the world. When you tie emotion to why this surgery is important, it creates a story and a metaphor to make way for your energy field to hold on and remember this information for you. According to Amelia Vogler, Grounding and Energy Medicine Specialist, metaphors are the language of emotion ([Preparing for Surgery Energy Medicine Techniques \(A. Vogler 2019\)](#)).

It is equally important to understand what the plan is for your surgical procedure. You want to know what the plan is so your body can begin to accept what is expected to happen. Remember, words, thoughts, and beliefs are energetic. So, when you understand at an emotional level what will happen, your body will respond to your energetic words, actions, and emotions even after the surgery is completed.

Once you have the answers to the why of your surgery and understand what the plan is for your procedure, you can create the type of response you want your body to have before, during, and after the surgery. You can imagine, write out, or tell your story to a trusted friend about how you see yourself coming out of this surgery. What will you do during pre-op, what do you want your cells to do during surgery, and how do you expect your body to respond after surgery? Your story can serve as the link between your ability to heal, your goals for recovery, and your intentions for how you plan to live afterward (remember those emotion-based why responses).

Surgery can be a traumatic experience physically, emotionally, mentally, and spiritually. Incorporating the therapeutic benefits of energy medicine as a partner with the work of your medical team can be an extraordinary source of support for post-surgical healing and recovery that may lead to positive outcomes.

About the author: Dr. Burrs is a Healing Touch Certified Practitioner in Energy Medicine serving the greater Dayton, OH area. She specializes in the use of energy medicine to treat the effects of life-induced stress. For more information, please get in touch with Dr. Burrs at Admin@DrBurrs.com.