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# **QUANTUM ENERGY HEALING**

## **Stress Reduction**

*Article written by Rocky Krogfoss*



***“If you want things in your life to change,  
Then you are going to have to change things in  
your life”***

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## [Quantum Energy Healing](#)

### Healing the Emotional Body

Most people have very little understanding of what energy healing is. I will attempt to demystify the societal perception of energy healing in this article.

The human body produces an electro-magnetic energy field that acts like a magnet. Energy fields fluctuate depending on the type of information **YOU** are contributing. Healing is about facilitating the release of the past. Empowerment is about creating space for new beginnings.

**Quantum Energy Healing** is all about **releasing old information and energy**. When you merge this old information and energy together, it creates **Beliefs**. Information has been fed to you from the moment you were born. Our parents contribute a very large portion of information to our beliefs as we grow up. Society and the rules we follow download the other portion. This information has a bias attached to it. The bias contains loving information, (positive and supportive), or fear based information, (negative and judgmental).

Negative or positive information contain an energetic frequency that mirrors your life. If you think, speak, feel or believe something negative about yourself or others, you create a low frequency energy that manifests a fear based day-to-day reality. This day-to-day reality is very limited and stagnant; most people describe this life as living in survival mode. What they believe is the energy they transmit, and thus create.

How does this all relate to healing?

Healing is about reconnecting to the **“feeling body”**. In our society, we are subconsciously unaware of how much we avoid our feelings. Connecting to the feeling body is the only way to release old beliefs that create repetitious cycles of negative experiences. The average human has 80% of their beliefs based in fear and 20% in love. Feelings like anger, judgment, guilt and shame create a low frequency energy field that will magnetically attract to you the mirror equivalent of that energy in your daily life.

All negative emotions have their roots in **unworthiness**. Unworthiness is a low frequency energy field that creates **stress** in your **nervous system**. Alternative healing focuses on the root cause, (the beliefs), as the source that requires healing. Traditional Allopathic medicine focuses on diagnosis and treatment of the problem, not the source. Pharmaceuticals are designed to hide, deny, or cope with a feeling that needs attention. This stress in your nervous system manifests a wide variety of complications such as migraines, depression, anxiety, body pain,

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fibromyalgia, and **dis-ease**. Awareness and recognition of these damaged feelings is the first step in allowing the physical body the opportunity to release the information and its associated negative energy, to then be replaced with loving information of higher frequency energy.

There is a common saying that thoughts create your reality. Thoughts are actually a bi-product of your beliefs. (See Flowchart below) I say, it is your beliefs that create your reality. Like a computer, programmed information (beliefs), are stored on a hard drive. In your body, the Quantum DNA is your hard drive, so to speak.

Humans have a tremendous capacity to understand and access conscious energy. We are just beginning to get a glimpse of our potential. Healing and empowerment are critical tools of personal growth.

Healing is always a personal choice; no one can do it for you. The resistance felt when opening up your emotional body to **FEEL**, is very real and can be intense. Authenticity, honesty, love, and forgiveness are the tools of choice when following a path of growth, and these tools will allow the resistance to fade away with ease and grace.

I have facilitated the immediate healing of long term pain and emotional suffering using these healing principles. Healing migraine headaches, depression, fibromyalgia, joint and muscular pain, panic attacks, anxiety, and insomnia are available to you NOW. Healing is all about a personal choice to free oneself from unworthiness programming. All it takes is the courage to look within, without judgment of oneself and filling oneself with love. There is a place within each person where absolute peace exists. Subconsciously or consciously, we are all longing to return to this place of balance.

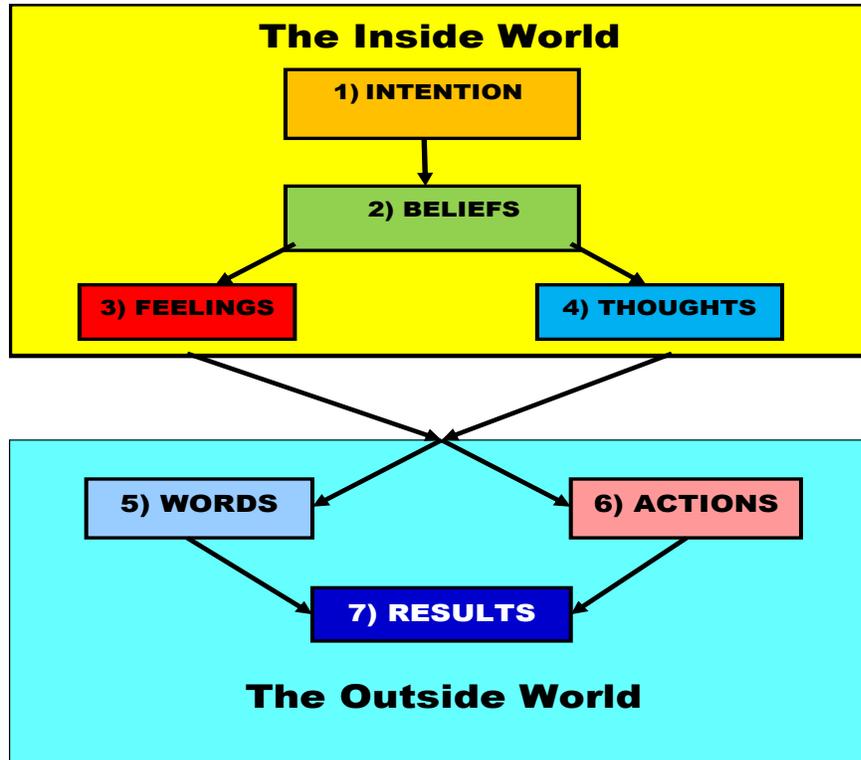
Healing, peace, and freedom are within your reach.

Rocky Krogfoss - Quantum Energy Healer, Intuitive Counselor, Life Coach, Distance Healing

**See below the healing / creation / empowerment process in a flowchart**

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## The Creation and Healing Process



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