



Body in Evolution

Energy Healing

Kahi for pain relief

Claudia Gehlhaart, RN CHTP

There is a Hawaiian Huna energy technique called “Kahi” that not only helps to stop pain, but also helps heal the cause.

Michele Ulu Ola, a practitioner who has trained with Serge Kahili King, shared this technique with me. I use it often for self-care.

When to use

The technique can be used for any pain points on yourself or other people. I use it for joint pain, bumps and bruises, abdominal cramps, toothaches (before getting to the dentist), accelerating the healing of cuts, stopping the sting and itch from bug bites, or for other, non-life-threatening pains. I particularly like it, because it can be used for self-healing, unlike some other energy modalities, and it couldn't be anymore quick or easy. It helps balance the body's energy system, and when one is in balance, there is no pain.



How it Works

Take one hand (doesn't matter which one—whatever feels most comfortable) and place it over the area that hurts. Put your other hand either a little below your belly button, or in the center of your chest over your breastbone. Those places are major chakra (energy) points. Then, start breathing deeply with your eyes closed. As you inhale, focus your attention on the hand over the chakra point, and as you exhale, shift your focus to the hand over the painful area. Obviously, you aren't trying to actually breathe in and out of those points, but rather, just shift your focus back and forth. Imagine an arc of blue light connecting your two hands, and say to yourself something like: "The energy knows where to go. This is all I need to do to heal this. Thank you, thank you." Do it for 6-8 breaths, or however long feels right. Then, accept that it is done, and shift your attention to something else besides your pain point. Remember: "where your attention goes, energy flows," so if you keep thinking about your hurting, you will continue to hurt. One treatment should give you relief, but you can repeat it again in 5-10 minutes if you need to. You can't overdose, and the more you practice it, the faster it will work.

For example...

Whenever I feel the first twinges of a headache, I immediately place one hand over that area, and the other hand below my belly button and start the breathing. Within 5-7 breaths, I feel a little "release-sigh" feeling, and I know that's enough. Then, I go about my business, and a few minutes later, I realize that my headache is gone!

Give it a shot!