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Energy Therapy

“I did not believe in energy therapy at all”

Jonathan Matile, an energy therapist, shares his experience and knowledge on the subject which he, himself, did not believe in at first.

by J. Florentine

Born in Switzerland of a Swiss father and Seychellois mother, Jonathan Matile is an energy therapist and clinical and developmental psychologist.

He had different experiences in Switzerland, including teaching people with disabilities. Matile studied psychology and at the same time worked in the psychology section of the Swiss army.

“I did not believe in energy therapy at all. In 2009, I had a strong spiritual experience that developed in me an ease to do energy therapy to help people suffering from pain, diseases, migraines and other problems. Since, I continued to practice this type of therapy. I was still in Switzerland at that time,” recounts Matile.

He arrived in Seychelles in 2017 and opened his own clinic in mid-2018. Matile says that at first it was hard to find people because nobody knew him. Then he decided to advertise his work and started looking for clients.

“I now have a lot of customers. When they come to me, I tend to do one or two sessions. They do not need a lot of sessions because the results are often fast. Even a single session can sometimes be enough. I will not say that my treatment works systematically, but that 80% actually work.”

For the session, the person usually goes to bed comfortably on the back. There is no touch. Matile will move his hand only on their foreheads or their hearts. He then enters a state of meditation where he makes a sign of the cross for the Christians, and draws a bad energy inside of it.

While doing this, the patient may sometimes feel heat, cold or tingling. These sensations are usually centered on the injured area or the area to be treated.

Matile says that during the session, he transmits spiritual energy within the patient to eliminate the bad energy. He says he places protection around them, which is why, in minutes, hours or days after, they tend to feel even better. He advises them to wait three days for a final result. If they want to participate in another session, they consult him.

“I do not force them to come back. They come when they feel the need.”

An energy therapy session usually lasts about 30 minutes and the person can feel better and feel the change immediately. Matile says that he can take as many patients as he has in a day and that it does not exhaust him. “It’s not my own energy. When I pray, I ask God for his energy, which I use to give to the patient.”

“I cannot promise a cure but I can only do therapy,” he says.



Jonathan Matile

Matile explains that each culture has its own way of talking about energy therapy and that its name differs from country to country. Energy therapy is called white magic in Africa and Christians will speak of it as the strength of the Holy Spirit. The word “energy” encompasses all of this.

Although Matile brings this new form of therapy to the country, many consider it a sort of witchcraft and prefer to go to the clinic for treatment. Matile explains that many years ago, when men discovered electricity, many said it was black magic, and today many say the same thing about energy therapy. “Science has just discovered that it exists but they do not know how it works. People have to wait for this explanation before saying that it is black magic.”

Matile added, “At the time, I did not believe in energy therapy either. And I respect those who do not because it was the same for me. I think for people to believe, they have to experience it.”

Despite this, Matile says that energy therapy is gaining popularity in many countries.

“I’ve heard that a lot of people are practicing energy therapy in Seychelles, but they do not have a licence or they only do it for themselves and their families ... In the context of Seychelles, many people see it as negative and tend to associate it with witchcraft. It was the same in Europe and North America at the time. But the mindset has changed, which will also happen in Seychelles over time.”

Matile says that energy therapy, in his own experience, has the advantage of having a natural and spiritual character and that there are no side effects such as dependence, as is sometimes the case when people take medication.

He revealed that studies have shown that energy therapy can also cure anxiety.

Matile clearly explained that someone could follow the doctor’s treatment while attending energy therapy sessions “Some people confuse me for a doctor. I am not a doctor but simply an energy therapist and a clinical psychologist and I am no better than a doctor either. If they prescribed medication, I cannot ask patients not to take it. However, what I can do is supplement the medications given by the doctors with energy therapy sessions that can help the person more.”

Nevertheless, Matile says that the problem common to people comes to him; muscle and joint pain, back pain, anxiety and depression. He also receives many who believe in superstitions and claim that someone has hurt them or believes they are possessed. “I sometimes feel that somebody’s energy is very bad, but I cannot say why. What is certain is that superstitious people are more anxious. But I can help them.”

He added that many people believe that because he says he is eliminating bad energy in someone, he can do an exorcism. But this is not the case because the exorcism is intended for a possessed person. And it is very

rare in the professional life of a psychologist to make a diagnosis of possession in a patient. The criteria of possession in psychology are as follows: substitution of the subject’s personal identity for a new identity - loss of memory - intrusion of the state of possession during habitual activities - tendency to be nervous, irritable and emotionally unstable.

“I see a lot of people who say they are possessed, but when I

look at them, it does not show,” says Matile. This is due to 2 reasons. The first is a lack of education. And the second is due to the culture of the country. It is also important to say that psychology cannot be applied in Seychelles, as it is done in North America or Europe. From an ethnopsychological point of view, the explanation of depression or other mental illness in Seychelles can be considered by the patient as the belief of being possessed.

Thus, it is very important here to understand the patient’s belief system to find a treatment that will make sense to him and to his culture such as praying.

At present, his Mont Fleuri clinic is not yet open because of logistical problems. But he will soon be ready to open his doors to those who want to experience energy therapy sessions. Nevertheless, Matile still offers his service, but he must go to the residence of the individual.