

...answering some questions for a potential client:

To begin, there are certain premises that I work with:

Intention is Everything
Everything is Energy
Everything is Connected
Everything is Changing

It is my belief, and science shares it, that every object is made from molecules and animated by energy. This Ch'i, as the Chinese call it, is present everywhere in the Universe. It can attract and repel depending on our state of mind. If we are continually critical, judgmental, or negative, we will attract that to ourselves. If we are positive, embracing, and loving, we will attract that to ourselves. Some people are more empathic and thereby better attractors. It is up to the person to decide what kind of energy they want to attract to themselves.

Around each individual there are several layers of energy that get more and more dense as they get closer to the body. Try this experiment: have your palms face each other and be body-width apart; slowly move them closer and closer together by gently advancing and retreating your relaxed hands; at some point, you may feel your hands are squishing soap suds between them, there is a definite pressure there. This is your auric field. This 'aura' or 'magnetic field' around us is where this attracted energy ends up. We can learn to 'see' the aura. But, even though we can't readily see it without special focus, it is still there.

For example, when we walk into a dark room and flip the switch, we expect electricity to lighten it up. If it doesn't, we are unhappy but do we really understand electricity and how it works? How does the internet work? How can it be that I can go to my computer and type in "What is Jell-O?" and receive fourteen million responses? Where do they come from? How amazing, this world we live in. The piano itself does not touch your body but you can still receive a benefit from the sound waves it sends. The egg doesn't touch you either but, in short order, the scent molecules do. There are many things that are unseen in this world. That doesn't mean they are not 'real'.

Toxins can also be trapped in our physical tissues. How does this happen? Here is an example... think back to the last time you were frightened. What was your physical and emotional response to the event. When we are frightened, chemicals are shot out of our adrenal glands and the 'flight or fight' response is evoked. We take a huge breath in and tense our muscles in case we have to run away or put up a struggle. Blood leaves the torso and goes to the limbs, and leaves the forebrain and goes to the reptilian brain, which is why we often forget traumatic events for a time. This was great in the cave man days when there was real danger. But most of the time we are frightened by something that has nothing to do with us, ie: watching a movie, newscast, or chatting with a friend.

Some unfortunates live in constant danger right in their own homes. Still these chemicals are shot out and trapped in our muscles. When we don't fight or flight, we don't release these chemicals and they stay in our muscles. Over a period of time, any person will pick up these

energies and develop these blocks, which is detrimental to health. Whenever the energy is blocked and not flowing freely, stagnation occurs and offers an opportunity for a build of up toxins and dense energies.

When doing a clearing session, I use my training, intuition, and hands to find areas that are blocked or deficient in energy and, using specific techniques, I help clear the energies and flow fresh Ch'i into the areas. The sessions are both relaxing and refreshing. You lay, fully clothed and often with a blanket, on a massage table (although Energy Healing is NOT massage). Meditation music is playing in the background. If you would like Aromatherapy in the diffuser, that is fine, too. There is nothing you need to do except receive. The session is an hour long.