

Energy Modalities Will Help You Be Your Best Self

The definition of healing is “to make free from injury or disease”. It provides a holistic approach to become “well”. The balancing effects of these customized treatments will help the body to deal with symptoms more effectively in the short term. Further treatments, together with medical treatment, when necessary, will provide more long-term benefits. Complementary therapy is not intended to replace traditional medical approaches.

Universal Life Source Energy

Universal energy flows through all of us. This energy is infinite, limitless, and pure. Inaudible and invisible, it fills us with peace. This life-force energy is the essence that gives vitality, supplying the organs and cells of the body for their vital function. The flow of energy can become blocked during periods of stress and illness. Ideal health would be a state of no energy blockages where energy flows throughout the body in perfect harmony. The field of mind/body connection may provide the catalyst for bringing such a shift in our vision of illness, and bridging both worlds of medicine to heal body, mind and spirit. Inner thoughts about your ability to be healed play a dominant role in your physical experience. Ideally, the healing inner speech is about relaxing, removing thoughts of resistance, and allowing the spirit of light and love to flow.

What is Reiki?

Reiki is a technique that connects with universal energy, enhances the body’s innate healing abilities, and can be used to support traditional treatment you may receive. Reiki is a 2500-year-old, hands on healing modality which was introduced to western culture in the 1900’s, and more recently adopted by a number of hospitals and other health care settings. It’s a powerful adjunct to conventional therapeutic modalities, fuels the body’s homeostatic mechanisms and thereby assists in the restoration of balance on the physical, mental and emotional levels.

A Reiki session is a gentle touch applied with varied hand positions, supporting the client as the inherent intelligence of the client’s body knows what is needed and moves life force to the highest priority. As the energy flows, individuals may feel warmth or tingling sensations. Most enter a calm and relaxed state, relieving tension and anxiety.

Reiki can ease the pain or discomfort of chronic pain and/or promote accelerated recovery from illness or surgery. It can provide a client greater sense of control by becoming more actively involved in their healing. This can help to improve mental attitude and reduce negative effects of medication and other medical procedures. Reiki augments the abilities of the immune system and offers other health benefits.

What is Integrated Energy Therapy (IET)?

IET supports you in gently releasing energy patterns, those of your past, empowering your life in the present as you evolve into the future. This is a gentle way to open the flow of vital life force from within the human body and human energy field, integrating suppressed feelings from cellular memory and clearing associated energy blockages.

IET is systematically directed by means of a gentle therapeutic touch in designated hand placements. Energizing cellular memory sets the stage for clearing and integrating energy through specific acupressure-like points. At the end of a session, it is typical to feel relaxed, recharged and refreshed.

IET benefits helps to clear energy blockages that limit health, life purpose, prosperity, and creativity. It supports self-healing at all levels, physical, emotional, mental and spiritual.