

Energy Therapy

The life force energy that keeps the body alive is called *Prana* in Sanskrit, *Chi* in Chinese, *Ki* in Japanese and *Ruah* or “breath of life” in Hebrew. Used in healing with light-handed techniques, it helps reduce pain and stress, fear and phobias, backache and headache, chronic fatigue, anxiety and depression, addictions, restlessness and insomnia, blocked energy, and physical, mental and emotional dis-ease.

I learned first-hand about energy healing in 1995 while being treated for chronic fatigue syndrome and environmental illness (now referred to as MARS – multiple allergic response syndrome). Intrigued, I learned basic *Pranic* healing and later became a certified practitioner of several “touch and non-touch” modalities of energy healing (listed below) as well as studying briefly with Rosalyn Bruyere (author of *Wheels of Light* and considered one of the most important teachers of hands-on-healing in the world).

Pranic Healing is an ancient art and science of healing that utilizes *prana* or *chi* to heal the physical body. It has been called psychic healing, magnetic healing, faith healing, *ki* healing, vitalic healing, and the laying on of hands.

OMEGA The Complete Shakti System offers energy healing that is penetrating, healing, heating, magnetic, electric, and tonifying. I am certified in OMEGA Levels 1, 2 & 3.

(In Universal terms, Shakti means “the feminine aspect of Divinity in manifestation” and the power of the Soul or Holy Spirit, in Christian terms.)

OMEGA Magnetic Healing – I am certified in this highly nurturing, rejuvenating energy that immediately precipitates a flow of catalyzing, soothing energy to the physical body. It is directed to all major body systems with an emphasis on the skeletal system.

Agni Dhatu Samadhi Yoga is a powerful tool for Divine Consciousness recollection. I am certified in level one, which energizes and increases powers of concentration and meditation.

Reiki – The word is derived from two Japanese words: *Rei*, meaning spiritual wisdom (all knowing God-consciousness that understands how to heal each of us) and *Ki* (the source of health that flows through us). I am certified in levels 1 and 2.

Magnified Healing (the divine feminine energy brought forth by KwanYin) and Magnified Healing Third Phase (using additional light and color.)

Unless otherwise instructed, I now simply call in the Divine Feminine energy to flow through me to where it is most needed in my clients.