

Energy work is the general term for describing all the therapy modalities that are based on energy healing. They are all focused on the belief that the human body contains many levels of energy, that when stimulated through various techniques, will promote overall health and well being.

When we are stressed, our bodies restrict energy flow or suppress bad energy deep within the body.

This leads to stress and anxiety, as well as physical manifestations of the bad energy in the form of pain or illness. If we can cleanse the body of its bad energy reserves and reinforce the energy balance once again, we can lead a happier, peaceful life with less stress and the ability to recover from emotional trauma. Energy work becomes aware of the power of our emotions and feelings.

Using energy with specific hand positions and light acupressure, in various locations on the physical body to gently and easily lift suppressed cellular memory from within your physical and energetic body.

This treatment is ideal to clear energy blocks that have accumulated from physical, mental, emotional, or spiritual trauma. Through releasing these blocks, you will begin to feel more self-empowered, spiritually connected, and able to move through life more easily. This treatment is done fully clothed.

Various techniques are used with the energy to enable you to enhance your quality of life.