

What is Energy Healing ?

Ultimately we all try to achieve perfect balance where we neither harbor nor block the flow of energy in our body. Many of us have spent several past lives working towards mastering this. Energy Healing can help you get closer to the perfect balance.



As we attain a better level of balance, our life is enhanced by greater Joy, Love, Peace and Health.

Just take it one step at a time and follow your heart.



Energy healing is not a replacement for medical attention. Your physician should be consulted for diagnosis and treatment of any significant illness or disease. Energy Healing can compliment any medical treatment plan.

Shamanic Readings & Healing

Shamanic Readings are done to help identify the cause of physical, spiritual or emotional imbalances. Many imbalances are caused by events or traumas within our life time or in past lives. These events may seem insignificant, trivial or may be completely unknown to you, but they can have significant effects if not fully healed. Readings can also be done to help understand your life path and your possibilities. This can be helpful when making decisions regarding the direction of your life or the healing that needs to take place.

The Illumination Process is a beautiful way to release blocked or harbored energy and replace it with pure healing light energy. Energy imbalances can occur with physical, emotional or traumatic events from your current life or past lifetimes. The path to spiritual growth often expresses these traumas that need to be healed as recurring themes or challenges in your life. Once the energy imbalance is corrected you no longer have an affinity for a particular situation. The challenging or recurring theme for that particular issue no longer presents itself. Often during the illumination process messages or guidance from your spirit guides, angels or past loved ones come through.

As a mesa carrier, I often use stones in my healing sessions. These stones carry the healing lineage of the Inca Shamans that have been passed down through ceremonial rites and extensive training.

All readings and healings are done using pure energy and intent.

Complete healing involves all levels; Mind, Body, Soul and Spirit.

Often, during a healing session a combination of more than one technique is used.

We all have many issues to resolve. It can often take more than one session to see results. Once you accomplish a healing in one area, it may bring about another issue that is ready to be healed. Be open and remain determined to achieve success.

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Advanced techniques may be used if necessary after these essential healing modalities have been experienced.

Reiki (Ray kee)

Reiki is the Japanese word meaning “Universal Life Energy”. Some say that this universal life energy provides 80% of the total energy requirements for the body. The remaining 20% is from food, sunlight, water etc. Our body has many energy channels to take in this type of energy. The 7 major energy centers or Chakras are located on the bottom of the torso, along the spine, on the forehead and crown. During a Reiki session energy is channeled through the chakras to open and balance them. This allows the body to harvest more Energy.


Qigong (Chee kung)

Qigong is a Chinese method of balancing the Yin (female) and Yang (male) energies within the body. These energies flow through the meridians in the body like a river. Every body has both Yin and Yang energies. If the body has too much of one (like a flood) or too little of one (like a drought) the body becomes imbalanced.

Qigong healing techniques are used to detect and correct the flow of energy. Any blockage can be easily removed and any imbalance can easily be brought back into balance.

DNA Activation

The physical body has two strands of DNA. Your etheric body or Aura has ten more that are dormant. Activating the additional ten strands plus the “Youth and Vitality” DNA strand can help your body acclimate to the Earth and Universal Energy shifts. This may enhance your body’s ability to stay healthy, increase your psychic awareness and feel less stressed with day-to-day life.



Welcome back my love,
my dear one... ME


Soul Retrieval

Soul Retrieval is an ancient practice of recovering those parts of our essential selves that have been lost as a result of pain or trauma. It has been practiced by ancient cultures for thousands of generations. My clients have said that they can achieve in a few sessions what would take years to achieve in psychotherapy.

The Incas believe these essential parts of our soul are kept safeguarded in the underworld. As a Shaman, I journey to the underworld and visit the four chambers of your soul to find the elements of energy that will help to make you whole again. The four chambers consist of the chamber of the wounded soul, the chamber of contracts, the chamber of passions and the chamber of treasures and gifts. As I journey, I uncover the story behind why these essential parts have gone away and ask if they would like to be brought back for you. In the chamber of contracts I discover why such a contract was made, and work with you to develop a new or revised contract that will serve you through the end of time.

When my journey is done, yours will be just beginning. I continue to work with you to begin developing a relationship with these newly returned essential parts of you. We will outline homework assignments for you to reintegrate the energy into your being.

As you can imagine this work can be both beautifully fulfilling and intense. It is advised that illuminations or other energy healing sessions are experienced prior to a soul retrieval to be better prepared for this amazing experience.



Separate that which binds us
together and holds us back

Extractions

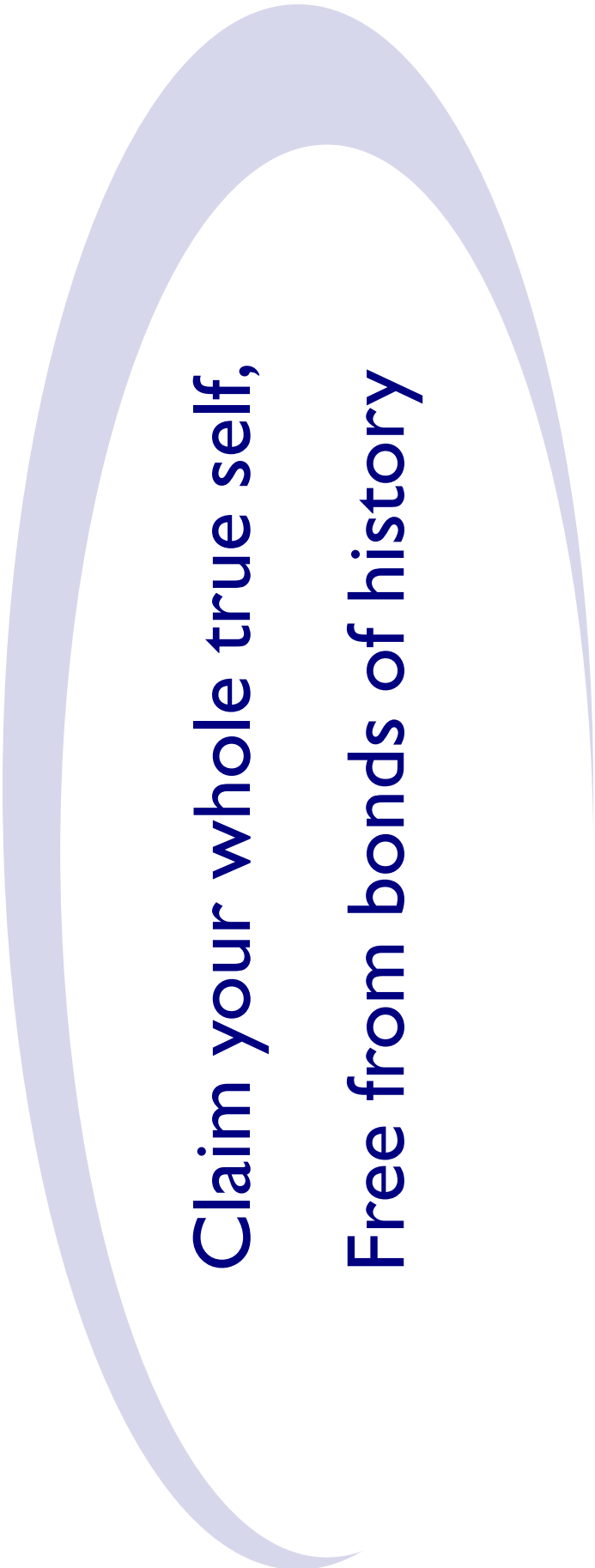
There are two types of extractions.

The first type is for an energy blockage that has been present for a long period of time. This energy, if not cleared, can crystallize and take on a physical like property and over time manifest into real pain or physical limitations. These are like the preverbal knives in the back or noose around the neck.

The extraction of this energy requires previous energy healing or illuminations to eliminate the affinity that you carry for this particular energy. Then the energy is easily removed and it dissipates with the extraction process.

The second type of extraction is for an intrusive energy or entity. Intrusive energies come to us because of a similar affinity to a particular energy or because of a strong bond with a past loved one that is hard to let go. In both cases we can carry these energies with out knowing that they are present. They feed off our energy and can cause us to feel tired. Sometime we can sense their emotions and take them on as our own. In both cases these energies should be removed to free you from the burden of supporting them and to allow them to be free to be reunited with their whole essential self or body of energy.

The presence of these types of energies are tested and detected prior to the extraction. This extraction is done by coaxing the energy to move out of the host and into an extraction crystal. Most energies are very willing to go with a little guidance. After the energy is removed it is released from the crystal and sent to its proper place through a cleansing fire.



**Claim your whole true self,
Free from bonds of history**

Theta Healing

The theta brain wave state is a deep meditative (sleep) state that slows down the brain waves to a point where we are conscious in our physical world, yet are able to connect to the etheric world, our dream world. This is where one can see the essence of life, situations and possibilities. It is in this state where we can change the dynamics of our energy and thus our life. Dreaming our life into reality.

The theta brain wave state connects us with the energy of creation to inform our body and repattern our cellular structure and DNA. This work allows for the transformation of core beliefs, genetic traits or energies, instant healing, and the co-creation of destiny.

Shadow work

Our shadows are those parts of us that we keep hidden. Most of us believe, or are taught, that our shadows are evil. We are taught to repress these essential parts of us. Shadows carry great strengths and sometimes great burdens or fears. Understanding the aspects of our shadow enable us to reclaim them, use the strengths when we may need them and keep the burdens at bay.

I refer to my shadows as pit bulls. I want to have them around to help me. But if I am going to be locked in a closet with one, I want to have a light on so I know what I am dealing with.

Our shadows are with us whether we like it or not. When we really get to know them, we realize they not as bad as we anticipate. Often, our shadows can be an essence of suppressed beauty, joy, freedom or light.



Love, Peace, Joy,
Health & Happiness to all

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The Energy Exchange

In ancient traditions, an exchange was made between the participant and the healer. The participant brought animals, blankets, tools and other useful items in exchange for the healers work. It was believed that the healing does not take place until there is an equal exchange of energy. This maintains balance among all involved including the healer, the participant, the Earth, and the Universal Energy. Perhaps today the easiest form of exchange is monetary. My fees are \$90 per one hour session.

This is an investment in yourself, make the most of our time together. Some healings may take 30 minutes, while others may take a full hour and some may require additional sessions. The time spend on healing depends on the work being done, how open you are to the work and how “ready” the energy is to be balanced. Our time together is yours, feel free to ask any questions or as time permits we may be able to work on other issues.

As we heal ourselves, we heal the world. Our bodies reflect the energy of the universe. Each step we take on our personal journey is an advancement towards bringing peace and balance to the earth.

Thank you for your interest in Energy Healing.
And tell all of your friends about energy work!!!

I wish you well on your journey.

With Love,
Carolyn