

Esoteric Healing:

Esoteric Healing within the energy field of each person are seven major centers. Each of these centers energizes or vitalizes its related nerve center, endocrine gland, internal organ system and the circulatory system. It is within this energy field that the cause of disease appears to be located. Through training, a practitioner can learn to work with areas that are weak or congested within the energy field, and by use of various balancing techniques, can bring the individuals energy field to a more flowing, healthy, harmonious state.

Energy Field Work:

Energy Field Work is a therapy through energy work that initiates healing and well-being. Suited well for persons who are depressed, fatigued, anxious or simply unhappy with life, energy field work is also a method of personal growth and spiritual enlightenment. Energy field work, (similar to Reiki in nature) consists of balancing the chakras within the body. By clearing and/or opening the chakras within the human anatomy, individuals are empowered with vibrational balance and harmony; thus, encouraging overall well-being -- mind, body and soul.

Energy Work:

Energy Work encompasses work that is done by modulating the frequency of the practitioner's energy (by thought or by "channeling" other sources) which in turn can modulate or entrain the client's energy. Sometimes used for assessment, it will balance or increase the client's energy flow, fostering healing and relaxation.

Holistic Counseling:

Holistic counseling is an integrative approach to counseling drawing on a range of theories and techniques and considerate of all aspects of a person's being e.g. mental, emotional, physical, spiritual and social aspects. It is based on a person-centered approach which holds the belief that everyone carries within them the ability to make decisions and resolve issues in a way most relevant to their unique personal circumstances. The counseling relationship provides support and guidance for exploration and discovery, offering you an opportunity to explore your circumstances and your thoughts, feelings, behaviors, hopes and desires and discover your own resourcefulness for initiating change and healing. The primary focus is on the here and now, that is, what you are experiencing in the present moment in relation to your current challenges.

Life Work Coach:

A Life Work Coach is the practice of supporting an individual, referred to as a coaches or client, through the process of achieving a specific personal or professional result.

Pranic Healin.:

Pranic Healing® is a highly evolved and tested system of energy medicine developed by Grand Master Choa Kok Sui that utilizes prana to balance, harmonize and transform the body's energy processes.

Raindrop Therapy:

The Raindrop Technique combines the science of aroma Technique with the techniques of Vita Flex, reflexology, massage, etc., in the application of essential oils, which are applied on various areas of the body to bring structural and electrical alignment. It is designed to bring balance to the body with its relaxing, mild application.

Reiki:

Reiki means Universal Life Force energy. The receiver lies clothed while the giver gently places their Reiki-emitting hands in various positions on the head and body with the intention of enhancing and restoring both balance and healing to the physical, mental, emotional, and spiritual realms. It is very relaxing.