



Physical Benefits of Energy Work

Many clients seek help at Spirit's Wisdom, Inc. for physical ailments that have not resolved using traditional methods of treatments. Energy work can be amazingly efficient at resolving physical issues, and we have seen significant improvement or elimination of many pain and disease conditions in the clinic. However, the approach here is never a simple treatment for a physical condition. Instead, the approach is holistic and will address the underlying causes of the physical problems as well. In addition, the client participates in his or her own healing and learns strategies to reduce or eliminate similar problems in the future.

In general, physical benefits include:

- a higher level of energy, function, and performance
- improved homeostasis of metabolic pathways
- promotion of the body's ability to heal
- reduction of the amount of time needed to heal fractures, injuries, and post-surgery
- improvement or elimination of pain and disease

Some of the conditions that have been successfully treated with this type of energy work:

- insomnia
- migraine headaches
- arrhythmia
- arthritis
- sprains and strains
- tumors
- neck and back problems
- osseous misalignment (TMJ, cranial misalignments, scoliosis)
- pain syndromes
- tissue memory/repressed cellular trauma
- infertility
- soft tissue and visceral misalignments

Mental and Emotional Benefits

At Spirit's Wisdom, Inc., a session takes into account the whole person, and even when complaints are mostly physical, the work can and will affect all areas of a person's life, including having mental and emotional benefits. Many times clients feel healthy in the physical sense, but experience anxiety, depression, or a generalized sense of unhappiness. These issues can also be addressed with energy work.

Energy work can:

- Release negative emotional energy stored from old wounds, trauma and mistaken beliefs
- Reduce stress
- Clear the mind and renew energy
- Create peace of mind or feelings of calm or well-being
- Promote mental alertness,
- Improve the ability to monitor stress signals and respond appropriately
- Enhance one's ability to think calmly and creatively
- Eliminate confusion
- Improve concentration and memory

In addition, specific coaching during the session is designed to:

- Enhance mind-body awareness
- Create an awareness of unconscious strategies that may be a source of problems
- Allow expansion of consciousness
- Provide strategies and tools to consciously change unwanted thoughts, feelings, or physical patterns
- Increase confidence and self-worth
- Provide support and empowerment

Spiritual Benefits

Many clients show up at Spirit's Wisdom, Inc. at a point of transition into higher frequency states. They are in the process of spiritual growth, and are looking for a little help and guidance to the next step of their development. Some of the spiritual benefits of Spirit's Wisdom, Inc. energy work include:

- Greater clarity as to purpose in life
- Greater awareness of one's connection to the world
- Stronger connection to guides
- Enhanced perception, intuition, or clairvoyance
- Core issues may present themselves and resolve, clearing the path for greater understanding of self