

What to Expect



Transformational
Healing

What Actually Happens

Transformational Healing is a new experience to most. Here's a guide for what to expect from a visit.

Frank conversation. It's about you, what's happening in your life.

We explore psychological and spiritual traits that affect your reactions to others. The goal is greater self-awareness and a move toward changing habitual, unhealthy, defensive patterns.

Training in helpful physical techniques

We'll do simple, non-strenuous "grounding" exercises to help you become centered.

These restorative standing poses are easy to learn and tailored to your physical abilities. The method teaches you how to direct energy through your entire body. It teaches you how to feel your connection to the earth, your surroundings and your instincts.

Once you learn how to listen to your own inner wisdom, you can help stop the negative cycles brought on by stress and other triggers and bring about personal clarity.



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Personalized work on the table.

This involves relaxing on a massage table and can include the following:

1. Removing blocks from your energy field. Think about the last time you had a headache, a sore foot or bad news. It affected the way you spoke, walked, listened, how you moved, your ability to focus, and so on. It affected your chakras (a Sanskrit word for turning). Simply put, each of the seven chakras is associated with particular organs, glands and nerve networks.

So, just as the perfect touch can soothe an aching muscle, or a proper nutrient can stimulate a gland, a chakra can be stimulated to balance our life. Energy will flow better through your mind and body. Clients learn to tap into the purposes of the specific chakra (safety, sexuality, love of self, love of others, love of God, boundaries, etc.).

2. Unearthing lessons to learn. Blocks that have been sitting in your energy field for ages can be removed and the lessons within each block can be discovered, explored, and integrated so that the client can move forward on the life path.

3. Bring intentions forward. Through Hara work, the client's true intentions are brought to forefront of their consciousness. They can see the ways they resist achieving intentions, and why.

We are made of vibrating energy and these harmonic vibrations can be detected by our inner senses. Just as a tuned musical instrument feels and sounds better to the user and listener, people feel better after their energy vibrates in a more harmonious manner. Following the Brennan healing method, Cindy uses harmonic induction to help clients connect the spiritual with the world of daily life.

4. Discover guidance and direction. This process offers enlightenment from many sources. This is a time to explore the session work. Your discoveries, new questions and ways to move onto next steps toward healing.

Sessions can be in person in Cindy's quiet studio, via phone and Skype.

Call 703 966 7620 to book.