



WHAT IS ENERGY WORK?

Energy work is a term that covers many different modalities. The focus of all of the methods is to clear and balance the energy which supports the function of the body.

WHO BENEFITS FROM ENERGY WORK?

Anyone can benefit from energy work. Energy work promotes relaxation which allows the body to heal itself more easily. Physical problems are frequently lessened as energy flow is improved. Participants generally have an increased sense of well being. It is a great way to manage stress.

WHAT IF I AM HAVING SOME OTHER KIND OF TREATMENT?

Energy work is compatible with almost all other modes of therapy. It is a great adjunct to other therapies including counseling. Let the energy worker know of any treatments you are having.

HOW DOES ENERGY AFFECT THE BODY?

The body has an energetic system just as it has a circulatory system, a nervous system, or an endocrine system. The major energy sources are the seven chakras located in the body. There are pathways throughout the body which distribute this energy from the chakras to all of the parts of the body. There is also an energy field that extends out beyond the body which is sometimes referred to as the aura. Energy can be sluggish in certain areas due to stress, emotions or physical problems or injuries. The body performs optimally when energy is free flowing.

HOW LONG IS A SESSION?

Sessions are generally an hour. This includes energy work and a discussion of what was discovered about the participants energy flow. Coaching/counseling is provided as needed. Sessions can be done in person or by phone.

WILL I NEED MORE THAN ONE SESSION?

The number of sessions depends upon the severity of the issue being addressed, the wishes of the participant and the evaluation of the practitioner. Chronic problems can sometimes require several sessions. Stress is lessened after one session. Some participants like to have regular sessions just as some people like to have regular massages or other treatments to maintain their health. You and the practitioner will determine the optimal plan for you.

WHO DOES THE ENERGY WORK?

Penny Guinther is a nurse who has studied many different types of energy modalities. She is adept at adjusting the modality to the needs and wishes of the participant. To reach Penny call 541-515-4372 or she can be reached at Rejuvenation Spa 541-994-1819. Email: penny@energetictransformation.net. For more information: www.energetictransformation.net