

## ENERGY THERAPIES

Albert Einstein's famous and elegantly simple formula,  $E=MC^2$ , reduces everything in the universe to a single concept -- energy or light. Energy is essentially a vibration. Atoms vibrate, cells vibrate, we vibrate, each with a "note" in the "Cosmic Chorus" unique to ourselves.

Based on the scientific fact that humans and animals are electromagnetic beings, then, an excellent modality for healing is energy. In my opinion, health challenges and illness are a result of body frequencies falling below the level necessary to maintain homeostasis. Body frequencies can be raised by stimulating energy systems via Energy Medicine modalities and hands-on Energy Therapies, thereby alleviating many ailments in the physical body.

The Energy Healing Programs offered by Eve deal with assessment of the client's energy field and re-establishing balance and coherence. Energy work includes dynamic and versatile modalities that work with the electro-magnetic field of the body, to promote health and well-being. These energy-based modalities bring balance, clarity, strength and repair to the energetic structures, levels and functions that comprise the human/animal energy field. Energy work directly affects all levels: physical, mental, emotional, energetic, plus spiritual connectedness.

Energy work comes in many forms or modalities, all sharing the common goal of affecting the flow of vital energy (Chi) to produce balance intrinsically (within) and extrinsically (in relation to the surrounding world). Energy work modalities can stand alone as independent treatment forms and can be integrated into massage therapy sessions to enhance and support the massage treatments.

Some of the most popular energy-based modalities include:

- ⇒ Acupressure
- ⇒ Reiki
- ⇒ CranioSacral Therapy (CST)
- ⇒ Somato Emotional Release (SER)
- ⇒ Shiatsu
- ⇒ Polarity Therapy
- ⇒ Healing Touch
- ⇒ Therapeutic Touch
- ⇒ and there are many others.

For over 20 years, it has been my experience that animals respond very well to energy work.

Animals have the same vital life force that humans do; it can be affected in the same manner that a human's can. They innately understand this energy, and are both receptive and responsive to energy work modalities, often positioning themselves to present the areas needing balancing once they understand the intent of the practitioner.