

# What to Expect and How to Engage With Energy Therapy

By Deborah O'Brien

Deborah welcomes you to Holy Love Reiki where your energy body becomes rebalanced to a peaceful vibration. In this type of therapy the client develops an awareness of how the therapy sessions impact how they feel in general. They notice how their thoughts become more peaceful and positive. They notice that their sleep becomes deep and restful. They notice that they are less anxious and symptoms of the body often are resolved.

The human nervous system and brain is a system of energies. There are chakras, nadis, meridians, and the layers of the aura. There are many different types of energies that can cause disruptions in the free flow of energy signals on this information highway. Oh, and it has it's own intelligence.

Every person has a unique energy vibration based on their life experiences, traumas, and emotional stress factors. There are ancestral influences that you're born with that start you out with stress in the nervous system. This type of therapy may take more than the first session to receive noticeable benefits. There can be layers of trapped energies that have developed over many years. Each session peels away the energy stressors bit by bit.

Each session is a unique experience. Deborah uses a blend of therapeutic processes intuitively indicated by her connection with wise and loving spiritual healers. Energy therapy is deeply rooted in ancient spiritual wisdom truths. Deborah knows clear guidance.

I suggest that you make a commitment to employ Deborah to give you treatments weekly. That way you give this very subtle yet substantial therapy a fair chance to make the permanent sustained improvement you seek.

For people with chronic disorders I recommend you take the Usui Wisdom Reiki training to learn how to give yourself treatments every day between the weekly sessions with Deborah. The training is done in one full day and the benefits of the Reiki activation during the class are noticeable immediately. We train you to give yourself Reiki when you need it to calm symptoms. The most beautiful aspect of Reiki training is how wonderful it feels to connect with your Root Guru. The Reiki training awakens awareness of your true spiritual nature and the Healers who are here to help you.

The duration of weekly sessions with Deborah is up to you. I suggest that you give it six months. The fee is \$150 for each session. If at any time you wish to discontinue that is up to you. However, remember that the best benefits come from those who are patient with this process and respectful of the subtle improvements. It can start out barely noticeable at first or you may immediately notice improvement. The more often you engage with the energy therapy inviting and allowing the healing to occur, the more you'll notice the grace of healthy balance in body, mind, and life experiences from it's holistic effects.