

My Story

I am a licensed Massage Therapist and Energy Worker. I have been trained in Swedish Massage, Sports Massage, Oncology Massage and Deep Tissue Massage. After starting my practice I wanted to add more to my toolbox. I was drawn to Reiki because I thought it would be great to have something to offer clients who could not receive hands on therapy. Learning Reiki opened up a whole new world to me. Being a recipient of Reiki I had a profound experience. Since this introduction to energy work I became very hungry to learn more energy modalities. I learned that energy work can heal on many levels, emotional, physical, psychological and spiritual. On a personal level, I had been suffering from hip/leg pain for three years. This pain prevented me from living the life I had once lived and the life that I wanted to live. Prior to the hip problem I was an avid athlete. I played competitive tennis, ran a marathon, and was active in so many ways. I tried to manage this pain myself but nothing really worked. I finally resorted to seeing an orthopedic doctor, who told me after seeing my MRI and x-ray that the only solution was to have a total hip replacement. I was mortified and this REALLY motivated me to look for something else that I could do, other than barbarically having my bone cut off and replaced by some foreign substance. I decided to try Zero Balancing. This resonated with me because of the idea of bridging together western structure and eastern energy. I had several treatments and slowly I began to notice differences in my hip and on an even larger scale, shifts in the way I saw life and how I functioned in my life. During this time I discovered The Reconnection. I decided to have a session with a practitioner first, before learning this technique. I experienced something new on several different planes. I had a profound awakening and healing during a session. I began to feel my heart open and began to truly love. Love for myself and humankind. I started to read spiritual books. I began Yoga, Tai Chi and meditation. I then became a certified practitioner with "The Reconnection". By incorporating all these, I can say that my hip pain is completely healed. I no longer entertain the idea of having a total hip replacement. I have become more active. I swim 3 to 4 miles a week and feel stronger each day. I must say that I have not only healed on a physical level but also on an emotional, psychological, and spiritual level. I know my purpose in this lifetime is to heal people and help personal suffering. My intuitive skills have fully ripened and this has been huge for my healing practice. I am able to integrate all of these modalities or use them separately. Due to my own personal healing, I feel a stronger sense of presence with each of my clients and feel that this will effect their own journey of healing.