

What is somatic bodywork?

The Science and Mechanics

The neuronal activity in the brain processes about 44 bits of information per second. Sounds impressive until you discover the heart and gut, both with their own unique bundles of neurons process approximately 11 million bits per second of information. The heart and gut then send this information to the brain to interpret, which explains why we should follow our hearts and trust our gut. I use this powerful processing energy during my somatic bodywork sessions.

My role

I am a healer, energy intuitive, and clairsentient which means I am very good when it comes to taking my brain offline and connecting to the universal consciousness and feeling the messages through my body. Clairsentient is the energy perceived through the heart and tuned into the surrounding energy where it is then perceived, integrated, understood. This energy is then recalibrated to a higher vibration and anything that does not served your highest good is released. I achieve this through a deep meditative state which allows a clear, clean conduit for energy to flow from me to my client. I see images and impressions to address and facilitate a physical and emotional release. I work energetically on the fascia, interstitium and muscles to release stored memory and trauma. As a conduit, my hands move intuitively to specific areas evoking movement and release. Disease is disharmony within the body system, and almost always stems from emotional sources. When we release the emotional root the body can then heal the disease. There is strong scientific evidence now backing this which helps to explain why “incurable diseases” have been cured all over the world without any medical intervention. Dr. Lewis Mehl-Madrona, M.D. discusses what he refers to as the innate healer within each person that once activated has cured every illness and malady known to western medicine. Through somatic bodywork the inner healer is activated so all blocks, limiting beliefs and illnesses can be fully released.

The Somatic Bodywork Session

I open the session by calling the Four Directions for guidance and connect with universal source energy and ancestral guides. We do grounding exercises with raw nature and use yoga nidra meditation to get into a deeply open energetic state. I use my intuition to guide the somatic bodywork and energy release. Words and directive coaching during this time come through me and not from me. Afterwards I do coaching around integration of the information into real world practice. This is also a very effective practice for families and groups.

My credentials

I am a registered nurse, mental health counselor, and certified Martha Beck Institute health coach. I am a healer, medicine woman, energy intuitive, and clairsentient. I began, under the supervision of a physician, a nutrition and health clinic in Bellingham Washington that helped 100's of patients go from disease states, such as metabolic syndrome, obesity and diabetes to optimal wellness. I worked as a mental health counselor and have worked one on one with clients as a health coach and energy healer since early 2014 .

I specialize in working with those suffering from anxiety, depression and Post Traumatic Stress Disorders - PTSD. It is important to note that it is often thought that PTSD relates to only those who have served in the military yet many who have not served in the military also suffer from PTSD from traumatic events that have occurred from early childhood through and including our lives as adults. .

This energy healing work that I share with my clients is just that, it is hard work yet the payoff for the hard work is invaluable as my clients emerge as a new and authentic version of themselves. More capable to love themselves, their families, friends and anyone they interact with in life.

Clients also find this energy healing ideal for seeking to optimize their life by achieving harmony with their body, mind and spirit. In working with me, my clients have achieved their ideal body, optimal health, energized careers, sacred family and tribal bonds and newly found abundance in their lives.

[Click here](#) to read some amazing stories of transformation from the beautiful souls I have had the honor of working with