

source connection energy healing and wellness studio

Source Connection Energy Healing and Wellness Studio: Your Journey to Inner Peace Begins Here

Are you feeling drained, overwhelmed, or disconnected from your inner self? Do you yearn for a deeper sense of well-being and a more fulfilling life? At Source Connection Energy Healing and Wellness Studio, we understand these feelings. We believe everyone deserves to experience vibrant health and inner peace, and we're dedicated to guiding you on that journey. This post will explore what Source Connection offers, the benefits of energy healing, and how we can help you unlock your full potential. We'll delve into our unique approach, address common questions, and ultimately show you why choosing Source Connection is the first step towards a more balanced and joyful life.

Understanding Energy Healing: More Than Just a Buzzword

Energy healing isn't some mystical, far-fetched concept; it's a holistic approach that recognizes the interconnectedness of mind, body, and spirit. We operate on the principle that everything is energy – our thoughts, emotions, physical bodies, and even the environment around us. When this energy flow becomes blocked or stagnant, it can manifest as physical ailments, emotional imbalances, or spiritual disconnection.

Energy healing techniques aim to clear these blockages, restore the natural flow of energy, and promote self-healing. This can involve various modalities, such as:

Reiki: A gentle, non-invasive technique that channels universal life force energy to promote relaxation, reduce stress, and accelerate the body's natural healing processes.

Crystal Healing: Utilizing the vibrational energy of crystals to balance and harmonize the body's energy field, promoting physical, emotional, and spiritual well-being.

Sound Healing: Employing the power of sound frequencies (singing bowls, tuning forks) to restore balance and harmony within the body's energy system. These vibrations can help release tension, reduce anxiety, and improve overall well-being.

Chakra Balancing: Focusing on the seven main energy centers (chakras) in the body, identifying and clearing blockages to restore the flow of energy and enhance overall vitality.

At Source Connection Energy Healing and Wellness Studio, we tailor our approach to your individual needs, combining these and other techniques to create a personalized healing journey.

Source Connection's Unique Approach: A Holistic Wellness Experience

What sets Source Connection apart? We believe in a holistic approach that goes beyond simply addressing symptoms. We strive to understand the root cause of your imbalances, helping you

develop sustainable practices for long-term well-being. Our services extend beyond energy healing to include:

Personalized Consultations: We start with a thorough consultation to understand your individual needs and goals, ensuring a personalized treatment plan that addresses your specific concerns.

Supportive Community: We foster a supportive and nurturing environment, providing a safe space for you to explore your journey towards healing and self-discovery. We believe in the power of community and offer workshops and group sessions to connect with like-minded individuals.

Integration and Empowerment: We don't just treat your symptoms; we empower you to take control of your well-being. We provide guidance and tools to maintain balance and continue your healing journey long after your session.

Ongoing Support: We offer ongoing support and guidance to ensure lasting results. We understand that healing is a journey, not a destination, and we're here to support you every step of the way.

The Benefits of Choosing Source Connection Energy Healing and Wellness Studio

The benefits of choosing Source Connection are numerous and extend far beyond physical healing. By working with us, you can expect to experience:

Reduced Stress and Anxiety: Energy healing techniques are incredibly effective in calming the nervous system and reducing stress hormones.

Improved Sleep Quality: A balanced energy field contributes to improved sleep patterns and more restorative rest.

Increased Energy Levels: By clearing energy blockages, you can experience a significant boost in your energy levels and vitality.

Enhanced Emotional Well-being: Energy healing helps to process and release trapped emotions, promoting emotional balance and resilience.

Greater Self-Awareness: The journey of energy healing often leads to a deeper understanding of yourself, your needs, and your purpose.

Deeper Connection to Your Intuition: As your energy field becomes clearer, you may experience an increased connection to your intuition and inner wisdom.

Taking the First Step: Your Journey Starts Here

If you're ready to embark on a journey towards greater well-being, Source Connection Energy Healing and Wellness Studio is here to guide you. We invite you to explore our website, browse our services, and contact us to schedule a consultation. Let us help you unlock your full potential and experience the transformative power of energy healing. Your journey to inner peace begins here.

Conclusion

Source Connection Energy Healing and Wellness Studio offers a unique and holistic approach to well-being, integrating various energy healing modalities with personalized support and a strong sense of community. We believe in empowering individuals to take control of their health and experience lasting transformation. We invite you to experience the difference and discover the path to a more balanced and joyful life.

Frequently Asked Questions (FAQs)

1. What if I'm skeptical about energy healing? That's perfectly understandable! Many people are initially skeptical. We encourage you to approach your first session with an open mind and allow yourself to experience the process. The benefits often speak for themselves.
1. How many sessions will I need? The number of sessions varies depending on individual needs and goals. We'll work with you to create a personalized plan that addresses your specific concerns.
1. What can I expect during a session? Sessions typically involve a combination of relaxation techniques, energy work, and personalized guidance. You'll be fully clothed and comfortably lying down. Each session is tailored to your unique needs.
1. What are your payment options? We accept various payment methods, including cash, credit cards, and sometimes health savings accounts (HSA) – please inquire for details.
1. Do you offer remote sessions? Yes, we offer remote sessions via video conferencing for clients who are unable to visit our studio in person.

source connection energy healing and wellness studio: Reiki for a New Millennium

William Lee Rand, 2002-08

source connection energy healing and wellness studio: Good and Cheap Leanne Brown, 2015-07-14 By showing that kitchen skill, and not budget, is the key to great food, Good and Cheap will help you eat well—really well—on the strictest of budgets. Created for people who have to watch every dollar—but particularly those living on the U.S. food stamp allotment of \$4.00 a day—Good and Cheap is a cookbook filled with delicious, healthful recipes backed by ideas that will make everyone who uses it a better cook. From Spicy Pulled Pork to Barley Risotto with Peas, and from Chorizo and White Bean Ragù to Vegetable Jambalaya, the more than 100 recipes maximize every ingredient and teach economical cooking methods. There are recipes for breakfasts, soups and salads, lunches, snacks, big batch meals—and even desserts, like crispy, gooey Caramelized Bananas. Plus there are tips on shopping smartly and the minimal equipment needed to cook successfully. And when you buy one, we give one! With every copy of Good and Cheap purchased,

the publisher will donate a free copy to a person or family in need. Donated books will be distributed through food charities, nonprofits, and other organizations. You can feel proud that your purchase of this book supports the people who need it most, giving them the tools to make healthy and delicious food. An IACP Cookbook Awards Winner.

source connection energy healing and wellness studio: Rewilding Micah Mortali, 2019-12-03 Reconnect with your wild essence as you awaken your innate bond with the natural world “Rewilding is a return to our essential nature. It is an attempt to reclaim something of what we were before we used words like ‘civilized’ to define ourselves.” —Micah Mortali In his long-awaited book *Rewilding*, Kripalu director Micah Mortali brings together yoga, mindfulness, wilderness training, and ancestral skills to create a unique guide for reigniting your primal energy—your undomesticated true self—and deepening your connection with the living earth. For hundreds of thousands of years, humans lived intimately with the earth. We were in the wild and of the wild. Today, we live mostly urban lives—and our vital wildness has gone dormant. As a result, we’re more isolated, unhealthy, anxious, and depressed than ever, and our planet has suffered alongside us. With *Rewilding*, Mortali invites us to shed the effects of over-civilization and explore an inner wisdom that is primal, ancient, and profound. Whether you live in the middle of a city or alongside the woods, the insights and practices on these pages will bring you home to your wild, wise, and alive self. Highlights include: Practice-rich content—mindfulness exercises, guided meditations, yoga and pranayama, inward sensing, forest bathing, and much more The “life-force deficit”—explore how our separation from nature affects us physiologically and spiritually Ancestral skills—such as tracking, foraging, building fires, and finding shelter Develop a sense of calm, clarity, connection, and confidence in both your daily life and the great outdoors What you can learn from nature’s teachers—lessons from mountains, rivers, trees, and our animal kin Rewild in the wild—guidelines around safety, preparedness, appropriate gear, and packing lists A mindful rewilding flow—put everything together in an immersive, step-by-step rewilding experience Awaken your authentic spiritual connection with the natural world as you come home to your true self Understand the relationship between our health and the health of our planet—and how we can begin to heal both Part celebration of the natural world, part spiritual memoir, and part how-to guide, *Rewilding* is a must-read for anyone who wants to embrace their wild nature and essential place in the living earth.

source connection energy healing and wellness studio: BioGeometry Signatures Ibrahim Karim, Ibrahim Karim Dr Sc, 2016-09-20 Based on over 45 years of research, *BioGeometry Signatures* are linear diagrams that help balance the subtle energy of body organs. The organ subtle energy patterns are accessed through *BioGeometry Signatures* placed externally in the body’s energy fields to create a connection through Resonance of Shape. This is a book that will change the way you think about your body and your health. It shows that we are not separate from the shapes, angles and proportions that surround us all the time, and that these shapes create energetic patterns that can introduce equilibrium and harmony into our own biological makeup. This is a modern science of energy balancing that provides the key to the hidden ancient knowledge of great civilizations. With *BioGeometry*, Dr. Ibrahim Karim has demonstrated how powerful simple shapes can be in altering the functioning of our physical, mental, and spiritual worlds. This has been frequently demonstrated in architectural and design projects, environmental balancing solutions including the mitigation of the effects of electro-pollution and geopathic stress, in health and wellness projects, and in the efforts of individuals in their personal spiritual development. In this book on *BioGeometry Signatures*, once again you see how powerful certain carefully created shapes can be in altering the physical functioning of organ systems, in supporting healing, and in changing physical and mental states. Work with them, let them touch you, and feel how they can assist you in your own search for harmony. Michael J. Maley, Ph.D. Instructor in *BioGeometry*

source connection energy healing and wellness studio: *The Order of Melchizedek* Rev. Daniel Chesbro, 2010-10-01 The teachings of Melchizedek—a totally balanced, authoritative incarnation of Christ—on topics such as reincarnation, spiritual development, and free will, are

presented in this manual that relates a positive approach to the current transitional stage of spiritual evolution. Contending that the unconditional love of God is bombarding the earth in an influx of neutrinos, this account provides a history of Melchizedek, who is a major influence in both the New and Old Testaments but is vastly understudied in most churches. Promoting a harmonious view of religion--where there is one God, understood and worshiped in a variety of different ways, each serving a purpose to those worshipping and to the overall understanding of spirituality--this testament to the Order is both down-to-earth and profound.

source connection energy healing and wellness studio: *Djoliba Crossing* Dave Kobrenski, 2013-11-12 Take a journey into the heart of West Africa... Artist, musician, and author Dave Kobrenski takes the reader on a musical and visual journey up the Djoliba river in Guinea to explore ancient music traditions, as well as to understand the challenges that face a country balancing between the world of its ancient traditions and the frontier of modern ideals and influences. Dozens of original paintings and drawings accompany vivid first-hand accounts of the music, culture, and people of Guinea, while scores of rhythm notations make this a unique and valuable resource for musicians, educators, and travel enthusiasts alike. From the author's preface: Part travelogue, part sketchbook, this is a book about glimpsing in the everyday dust of existence the potential for rich and meaningful expressions of being in the world; of seeing that beyond the tattered common cloth of life hangs a veil of mystery infused with magic and wonder.

source connection energy healing and wellness studio: *The Power Source* Lauren Roxburgh, 2019-05-14 Celebrity trainer and goop expert Lauren Roxburgh's program that uses pelvic floor strength to release stress, fortify the body, and treat the physical and mental origins of tension. Chances are your body feels some form of stress every day, whether it's inflammation, bloating, tension, discomfort, anxiety, or pain during sex. We're constantly distracted by ailments we can't quite seem to fix. Body alignment expert Lauren Roxburgh believes that all of these problems can be solved by first unlocking the foundation of your mental and physical health: the pelvic floor. Located at the root of our pelvis, it determines how firm our core is, how we handle stress, and how much energy reaches the rest of our body. Without addressing the health of our pelvic floor, we are all missing out on a powerful key component of our overall physical, emotional, and spiritual health. Roxburgh presents an entirely new approach to building well-being--one based on a strong pelvic floor, open energy channels, and a clear mind. The Power Source offers a deep understanding of how to cultivate this strength by following a holistic, multisensory program. Starting with the pelvic floor, Roxburgh focuses on the five power centers that can be harnessed throughout the body: The pelvic floor The deep core The upper core The heart and shoulders The head, neck, and jaw With targeted exercises to encourage healing movement, nourishing recipes--from a Confidence-Boosting Tonic to Root-Rejuvenating Bone Broth--and holistic therapies that include visualizations, aromatherapy, and more, Roxburgh gives a full toolbox to realign your body and your life.

source connection energy healing and wellness studio: *River of Offerings* Jennifer Prugh, 2021-08-03 How does a deeper understanding of the ancient spiritual traditions of India shed new light on our contemporary yoga practice? And what can India's River Ganges teach us about how to live in a meaningful way? Through photography and personal narrative, Jennifer Prugh documents a series of pilgrimages over the last ten years to spiritually significant locations along India's Ganges River. The Ganges is India's most sacred river, winding some 1550 miles from its source, high in the western Himalayas, traveling eastward across the subcontinent to empty out at Sagar Island near Kolkata. The river is also known among Hindus as Mother Ganga, the Goddess. She dissolves sins, drinking her waters cures those who are sick, and dying on her banks ensures freedom from the cycle of life and death. She is a perpetual offering to all who inhabit the Ganges River Valley. What began for the author as simply a trip to India in 2007 to deepen her understanding of her yoga practice became a passionate pursuit to broaden her understanding of the ancient spiritual culture of India, from which modern yoga practice evolved and changed her life. By plane, train, automobile, rickshaw, and on foot, she traveled with camera in tow to many of India's sacred destinations along the Ganges, from high in the Himalayas at the river's source at Gangotri, to the great Kumbha Mela

festival held in Allahabad, to the cremation ghats in Varanasi. Prugh explores the stories from the heroic epics that provide the backbone for contemporary yoga philosophy, as well as the sacred wisdom that animates India's spiritual legacy. Part history, part mythology, and part travel narrative, this is a visual and written account of the trials, tribulations, and personal discoveries of an American female yoga practitioner. *River of Offerings* serves to broaden our understanding of how to live our lives meaningfully, with passion and purpose. A visually compelling and beautiful journey from cover to cover, this book will be a cherished source of inspiration for years to come.

source connection energy healing and wellness studio: *The Sweetest Little Life* Courtney Hanson, 2018-08-14 Do you know the path you're on? Is it a clear, freshly paved cement road? Is it more of a dusty desert storm with tumble weeds blowing everywhere and smacking you in the face as you try to walk? Either way, this book is for you. Finding your direction is crucial in creating your personal brand or small business. How do we know which way to run if we can't even walk properly first? Do you know how you work best? How you thrive? By the end of this journey my goal is to have you feeling inspired, motivated, and excited to wake up each day and live the life you've always dreamed of creating for yourself. The questions that are hard to answer when your mind feels cluttered - were sweeping the storm.

source connection energy healing and wellness studio: *Medical Reiki* Raven Keyes, 2021-05-08 An Integrative System of Energy Medicine for Patients Undergoing Intense Medical Procedures Science-based medicine is finally ready to embrace the use of Medical Reiki. This phenomenal book reveals groundbreaking energy practices that can activate the parasympathetic nervous system and accelerate the effectiveness of serious treatments like surgery and chemotherapy. Having worked in operating rooms alongside surgeons for nearly two decades, Reiki Master Raven Keyes is uniquely qualified to share techniques for helping patients feel whole and free of stress that can impede their healing. Raven shares how to request and receive Medical Reiki, how physicians can open their practice to it, and how to use exercises, meditations, and affirmations for further healing. Medical Reiki is essential to the evolution of patient care. Includes a foreword by Dr. Sheldon Marc Feldman, MD, FACS, director of breast cancer services at Montefiore Medical Center

source connection energy healing and wellness studio: *The Inner Bonding Workbook* Margaret Paul, 2019-03-01 "Inner Bonding has been a staple in my own personal journey home to wholeness." —Alanis Morissette, artist, activist, and teacher Take responsibility for every aspect of your life, love yourself unconditionally, and connect to your own divine guidance using the life-changing six-step process outlined in this breakthrough guide, from the best-selling author and cocreator of the Inner Bonding® self-healing process. Many of us long for spiritual connection and divine guidance—the wisdom and ability to make decisions that benefit ourselves and the greater good. But we've been conditioned to think and act selfishly, in ways that limit our access to the divine, with false, programmed beliefs that often result in suffering, addictive behaviors, and spiritual disconnection. The Inner Bonding Workbook can help you heal your psychic wounds and move beyond false limitations to achieve at-will, moment-by-moment connection with the divine. You'll learn to move past the junk thoughts and junk food that can create a toxic environment, and that keep you mired in low-frequency feelings like anxiety, depression, guilt, and shame. You'll discover how to attain the self-love and accountability necessary for spiritual connection and guidance. And, most importantly, you'll learn how to take responsibility for every aspect of your life—physical, emotional, financial, relational, organizational, and spiritual. With this life-changing six-step process, you'll learn to tap into a higher source of love and truth at any moment in order to make your best decisions, realize a deep sense of freedom and personal power, and manifest your highest, most passionate purpose in life.

source connection energy healing and wellness studio: *The Body Within* Marie Knoetig, 2013-11-26 *The Body Within* poses a very strong argument to help all of us understand that we have the ability to heal ourselves. This book can help teach you how life is not only to be lived, but also who we are and what we are capable of. *The Body Within* shows us all that when you become the

observer of yourself, you are limitless in what you can accomplish. Nowhere else has anyone written about how the way we live affects how and when we cross over in death. This book is very bold and inspiring for anyone who wants to change the course of his or her life. You may learn that there really is no emptiness inside; it's just you that are missing.

source connection energy healing and wellness studio: Nature and the Human Soul Bill Plotkin, 2010-10-04 Addressing the pervasive longing for meaning and fulfillment in this time of crisis, *Nature and the Human Soul* introduces a visionary ecopsychology of human development that reveals how fully and creatively we can mature when soul and wild nature guide us. Depth psychologist and wilderness guide Bill Plotkin presents a model for a human life span rooted in the cycles and qualities of the natural world, a blueprint for individual development that ultimately yields a strategy for cultural transformation. If it is true, as Plotkin and others observe, that we live in a culture dominated by adolescent habits and desires, then the enduring societal changes we so desperately need won't happen until we individually and collectively evolve into an engaged, authentic adulthood. With evocative language and personal stories, including those of elders Thomas Berry and Joanna Macy, this book defines eight stages of human life — Innocent, Explorer, Thespian, Wanderer, Soul Apprentice, Artisan, Master, and Sage — and describes the challenges and benefits of each. Plotkin offers a way of progressing from our current egocentric, aggressively competitive, consumer society to an ecocentric, soul-based one that is sustainable, cooperative, and compassionate. At once a primer on human development and a manifesto for change, *Nature and the Human Soul* fashions a template for a more mature, fulfilling, and purposeful life — and a better world.

source connection energy healing and wellness studio: Yoga Journal , 2005-12 For more than 30 years, *Yoga Journal* has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, *Yoga Journal* strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

source connection energy healing and wellness studio: Awakening Shakti Sally Kempton, 2013-02-01 How do you live a life of spiritual awakening as well as outer abundance, inner freedom as well as deep intimacy? How do you serve the world selflessly, yet passionately celebrate your life? The sages of Tantra have known for centuries that when you follow the path of Shakti—the sacred feminine principle personified by the goddesses of yoga—these gifts can manifest spontaneously. Yet most of us, women as well as men, have yet to experience the full potential of our inner feminine energies. When you know these powers for what they are, they heighten your capacity to open spiritually, love more deeply and fearlessly, create with greater mastery, and move through the world with skill and delight. In *Awakening Shakti*, you will learn how to recognize and invite: Kali, bringer of strength, fierce love, and untamed freedom; Lakshmi, who confers prosperity and beauty; Saraswati, for clarity of communication and intuition; Radha, who carries the divine energy of spiritual longing; Bhuvaneshvari, who creates the space for sacred transformation; Parvati, to awaken creativity and the capacity to love. With a wealth of meditations, visualizations, mantras, teachings, and beautifully told stories, *Awakening Shakti* provides a practical guide for activating the currents of the divine feminine in every aspect of your life. “Sally Kempton's new book is a treasure that brings myth, meditation, and everyday revelation together in a way that will allow every woman to embody the divine feminine in her life. Sally enlivens the full spectrum of the goddess—from independent protector, to lover, to dynamic and powerful creatrix. I highly recommend this soon-to-be classic!” —Shiva Rea, yogini “Sally Kempton has given us a mythic manual for a new kind of feminism—a feminism of the soul. And this is a good thing, because humanity needs feminine power now as both a healing tonic and a source of reinvention.” —Elizabeth Lesser, cofounder of the Omega Institute, author of *Broken Open: How Difficult Times Can Help Us Grow*

source connection energy healing and wellness studio: Deep Listening Jillian Pransky, Jessica Wolf, 2017-10-19 World-renowned restorative yoga teacher Jillian Pransky came to the

practice of yoga to heal herself. For much of her life, she subscribed to a relentless work hard/play hard mentality, burying parts of herself beneath the pursuit of busy-ness and accomplishment. It wasn't until a devastating personal loss and health crisis thrust her into suffocating anxiety that she stopped racing around. As she began to pause and examine her actions and emotions, she found herself able to unlock deeply seated tension in her mind and body. Since then, Pransky has been devoted to studying and teaching mindfulness practices, deep relaxation, and compassionate listening. In Deep Listening, Pransky presents her signature Calm Body, Clear Mind, Open Heart program—a 10-step journey of self-exploration that she's taught around the world. Derived from the techniques that healed her, the practice of Deep Listening invites you to pay close attention to your body, mind, and heart. You're taught how to tune inward and relax into a state of openness, ease, and clarity. This is the new frontier in integrative wellness—mindfulness designed for healing. Pransky doesn't ask you to "be your best self," or "do more!" She asks you to "be here" and "do less." She guides you gently through the stages of Deep Listening, from being present and noticing your tension to welcoming what you discover with softness and compassion. She integrates tools like guided meditations, journaling prompts, and restorative yoga poses to help you regard yourself with kindness and curiosity. Immersing yourself in the practice of Deep Listening will allow you to nurture your own well-being.

source connection energy healing and wellness studio: *Earthing* Clinton Ober, Stephen T. Sinatra, Martin Zucker, 2010 The solution for chronic inflammation, regarded as the cause of the most common modern diseases, has been identified! Earthing introduces the planet's powerful, amazing, and overlooked natural healing energy and how people anywhere can readily connect to it. This never-before-told story, filled with fascinating research and real-life testimonials, chronicles a discovery with the potential to create a global health revolution.

source connection energy healing and wellness studio: *The Cosmic Octave* Cousto, 2000 This extraordinary book shows how specific musical tones and intervals are related to color, periods of time, the sun, the planets and all the natural cycles and rhythms we find in the universe around us. Cousto reveals how music is truly the language of the cosmos and of the natural world.

source connection energy healing and wellness studio: *Good Enough* Leanne Brown, 2022-01-11 You've got this! Good enough is a cookbook, but it's as much about the healing process of cooking as it is about delicious recipes. It's about acknowledging the fears and anxieties many of us have when we get in the kitchen, then learning to let them go in the sensory experience of working with food. It's about slowing down, honoring the beautiful act of feeding yourself and your loved ones, and releasing the worries about whether what you've made is good enough. It is. A generous mix of essays, stories, and nearly 100 dazzling recipes, Good Enough is a deeply personal cookbook. It's subject is more than Smoky Honey Shrimp Tacos with Spicy Fennel Slaw or Sticky Toffee Cookies; ultimately it's about learning to love and accept yourself, in and out of the kitchen.

source connection energy healing and wellness studio: *Scientific Vortex Information* Pete A. Sanders, Jr., 2005-04-01 This book was originally written to help those visiting Sedona, Arizona who could not attend my regular Scientific Vortex Information Training Class (see www.freesoul.net). It teaches how to rapidly, easily, and effectively tap Sedona's famous meditation sites. It also contains a system for finding vortexes closer to your home area. Understanding vortexes and how to tap them is a key asset for exploring your dimensions beyond described in Superstrings Physics. Even more important, however, is knowing how to weave that knowledge into a method for Living life AS a Soul. When you are having difficulty accessing deeper spiritual skills, or are facing intense inner hurts, vortex energies can provide portals to new insights. People tend to be drawn to upflow areas to feel the exhilaration of tapping those dimensions beyond. What they are also craving (in many cases without even realizing it) is to escape the worries, hurts, angers, and fears created by the Limbic Brain. The Soul-shift technique (contained in this book) makes tapping the vortexes easier, primarily because it gets the meditator out of their limbic brain focus. It allows you to create an inner upflow vortex, where ever you are. The brain science technique for natural mood elevation contained in my book, Access Your Brain's Joy Center (soon also available as an

e-book), teaches how to counter limbic brain effects anywhere, anytime without having to be in a meditative state. That makes it possible to self-generate that inner upflow effect in ALL of life (eyes open, moving, etc.). As you read through this book, see the bigger picture. Imagine having the ability to live accessing ALL of your dimensions beyond and ALL your spiritual skills, without having to physically be in the enhanced energy sites. Enjoy exploring the unlimited potentials that ARE your birthright As a Free Soul.

source connection energy healing and wellness studio: Bankable Business Plans Edward G. Rogoff, 2007 This book guides readers through a very comprehensive, step-by-step process to produce professional-quality business plans to attract the financial backing entrepreneurs need, no matter what their dream.

source connection energy healing and wellness studio: **Transformative Language Arts in Action** Ruth Farmer, Caryn Mirriam-Goldberg, 2014-11-26 Transformative Language Arts, an emerging field and profession, calls on us to use writing, storytelling, theater, music, expressive and other arts for social change, personal growth, and culture shift. In this landmark anthology, Transformative Language Artists share their stories, scholarship and practices for a more just and peaceful world, from a Hmong storyteller and spoken word artist weaving traditions with contemporary immigrant challenges in Philadelphia, to a playwright raising awareness of AIDS/HIV prevention. Read the stories, consider the questions raised, and find inspiration and tools in using words as a vehicle for transformation through essays on the challenge of dominant stories, public housing women writing for their lives, histories and communities at the margins, singing as political action, the convergence of theology and poetics, women's self-leadership, embodied writing, and healing the self, others, and nature through TLA. The anthology also includes "snapshots," short features on transformative language artists who make their livings and lives working with people of all ages and backgrounds to speak their truths, and change their communities.

source connection energy healing and wellness studio: *The Soul's Palette* Cathy A. Malchiodi, 2002-10-08 Making art, according to Cathy Malchiodi, may be as important to your physical and spiritual health as balanced nutrition, regular exercise, or meditation. Expressing yourself creatively—through drawing, painting, sculpture, photography—allows you to tap into a source of inner wisdom that provides guidance, soothes emotional pain, and revitalizes your being. *The Soul's Palette* reveals art's transformative powers. Exercises include working with materials for drawing, painting, sculpting, and collage; simple drawing and journal projects; self-guided meditations and affirmations; ideas for cultivating intuition, inspiration, and spontaneity; exploring personal symbols; and making art a spiritual practice.

source connection energy healing and wellness studio: *Energy Healing* Ann Marie Chiasson, MD, 2013-01-01 Where does true wellness start? For thousands of years, traditional healers have been able to detect and correct imbalances at the energetic level in order to heal our physical ailments. Today, these traditions are expanding the medical understanding of our subtle anatomy and its role in our overall well-being. With *Energy Healing*, integrative physician Ann Marie Chiasson offers a complete guidebook of easy-to-use energy practices to enhance your health and vitality. Drawing from the material she teaches at Dr. Andrew Weil's Arizona Center for Integrative Medicine, Dr. Chiasson explores: Our subtle anatomy—understanding the chakras, meridians, and the key principles of energy healing Self-diagnosis techniques for detecting the movement of energy in our bodies—even if you've never sensed energy before Practices for daily self-care and specific techniques to address energy blocks often seen in common illnesses and health issues Why our energy wanes as we age, and how we can replenish our vitality from sources in the world around us Your body as your teacher—insights for adapting and developing your own energy healing techniques In creating this book Dr. Chiasson has selected the methods she has found to be most accessible, effective, and beneficial in the long-term—informed by the latest research, healing traditions from around the world, and her own practice. With *Energy Healing*, she presents an indispensable guide for understanding the energetic dimension of your well-being and essential tools to help you take charge of your own health. "This book is an excellent guide for anyone interested in

exploring energy as a means of maintaining healthy, dynamic living.” —from the foreword by Andrew Weil, MD “Dr. Ann Marie Chiasson does the impossible: she demystifies energy medicine without eradicating the mystery. Using her own personal stories as well as those of the patients she has cared for, she makes visible the unifying principles shared by systems as diverse as the chakras, qi, and the matrix. In so doing, she puts centuries of wisdom at our fingertips. If you want to learn energy medicine, this is the book to read.” —Victoria Maizes, MD, executive director, Arizona Center for Integrative Medicine and professor of clinical medicine, family medicine, and public health at the University of Arizona “Dr. Ann Marie Chiasson shares a powerful and practical manual on how to harness the innate life force that surrounds and interpenetrates our very lives. It allows everyone access to energetic techniques once kept secret in many healing traditions.” —Master Stephen Co, founder of Pranic Healing and author of *The Power of Prana*

source connection energy healing and wellness studio: Anodea Judith's Chakra Yoga
Anodea Judith, 2015-09-08 As the architecture of the soul, the chakra system is the yoke of yoga—the means whereby mind and body, heaven and earth, and spirit and matter are joined together in the divine union that is the true meaning of yoga. In this long-awaited book by acclaimed chakra expert Anodea Judith, you will learn how to use yoga's principles and practices to awaken the subtle body of energy and connect with your highest source. Using seven vital keys to unlock your inner temple, you will be guided through practices that open and activate each chakra through postures, bioenergetic exercises, breathing practices, mantras, guided meditation, and yoga philosophy. With beautiful step-by-step photographs for each of the poses, along with guidelines for deeper alignment and activation of the energy body, this book is a valuable resource for teachers and students alike. Praise: Anodea Judith's Chakra Yoga is a wonderful companion to her decades of books and teachings. Providing exploration through yogic methods for liberating, transforming, and balancing our energetic body and life, it is a gift to the world.—Shiva Rea, founder of Prana Vinyasa and author of *Tending the Heart Fire* For decades, I have been waiting, wishing, longing for such a book as Anodea Judith's Chakra Yoga. As always with Anodea, the book is exquisitely presented, deep, practical, inspiring, easy to follow, contemporary. A MUST HAVE. Enjoy the ride!—Margot Anand, author of *The Art of Everyday Ecstasy*

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CHRIS-ANNE., 2021

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source connection energy healing and wellness studio: *Inner Engineering* Sadhguru, 2016-09-20 NEW YORK TIMES BESTSELLER • Thought leader, visionary, philanthropist, mystic, and yogi Sadhguru presents Western readers with a time-tested path to achieving absolute well-being: the classical science of yoga. “A loving invitation to live our best lives and a profound reassurance of why and how we can.”—Sir Ken Robinson, author of *The Element*, *Finding Your Element*, and *Out of Our Minds: Learning to Be Creative* NAMED ONE OF THE TEN BEST BOOKS OF THE YEAR BY SPIRITUALITY & HEALTH The practice of hatha yoga, as we commonly know it, is but one of eight branches of the body of knowledge that is yoga. In fact, yoga is a sophisticated system of self-empowerment that is capable of harnessing and activating inner energies in such a way that your body and mind function at their optimal capacity. It is a means to create inner situations exactly the way you want them, turning you into the architect of your own joy. A yogi lives life in this expansive state, and in this transformative book Sadhguru tells the story of his own awakening, from a boy with an unusual affinity for the natural world to a young daredevil who crossed the Indian continent on his motorcycle. He relates the moment of his enlightenment on a mountaintop in southern India, where time stood still and he emerged radically changed. Today, as the founder of Isha, an organization devoted to humanitarian causes, he lights the path for millions. The term guru, he notes, means “dispeller of darkness, someone who opens the door for you. . . . As a guru, I have no doctrine to teach, no philosophy to impart, no belief to propagate. And that is because the only solution for all the ills that plague humanity is self-transformation. Self-transformation means that nothing of the old remains. It is a dimensional shift in the way you

perceive and experience life." The wisdom distilled in this accessible, profound, and engaging book offers readers time-tested tools that are fresh, alive, and radiantly new. Inner Engineering presents a revolutionary way of thinking about our agency and our humanity and the opportunity to achieve nothing less than a life of joy.

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source connection energy healing and wellness studio: *Taller, Slimmer, Younger* Lauren Roxburgh, 2016-05-05 There's a new buzzword in the fitness world: fascia. It's the connective tissue that wraps around your muscles and organs and helps keep everything in place. But in our increasingly busy and often stressful lives, tension and toxins are often stored within our fascia, resulting in serious long-term consequences, such as excess weight, acute anxiety, chronic pain and poor posture. Fitness and alignment expert Lauren Roxburgh – who has worked with such stars as Gwyneth Paltrow, Gabby Reece and Melissa Rauch – has the solution to keep your fascia supple, flexible and strong. Using only a foam roller, you can reshape and elongate your muscles, release tension, break up scar tissue and rid yourself of toxins for a leaner, younger look. In just 15 minutes a day, Roxburgh's 21-day programme will guide you through a simple series of her unique rolling techniques that target 10 primary areas of the body, including the shoulders, chest, arms, legs, hips, bottom, back and stomach. The end result is a healthy, balanced, aligned body that not only looks but feels fantastic. Includes over 80 photographs to help guide you through the exercises.

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