

# How do Mind/Body Practices Work?

Mind/Body Practices address the overall well-being of an individual. These holistic practices are personalized and specific to the client's chakra-energy imbalances and unique stressors that contribute to mind/body energy disturbances and, subsequently, affect the physical body. Our physical body is reflective of the accumulations of our personal stress and tensions: knotted shoulders reflect burdensome responsibility; an agitated stomach reflects worry and a feeling of lack of control; a disturbed gallbladder screams indecision, etc.

Healing, balance, and wholeness occur through the energetic release of past tensions; these tensions have long been stored in the subtle energy anatomy the chakras, nadis and meridian systems of the energy body. Mind/Body techniques facilitate the subtle, yet profound inner release of tensions and re-synchronizes the body's energy systems so they can operate as nature intended and return itself to a state of balance.

When a body is operating at its optimal level, each system, cell and atom is in constant communication with each other at all times. Through exposure to the stresses of day-to-day life, these lines of communication can become compromised, which can lead to a decline in physical, emotional and/or mental health.

Mind-Body Practices bring heightened levels of awareness, personal empowerment and holistic healing by releasing physical, emotional mental and spiritual stress. By letting go of the stresses of old emotional patterns and limiting beliefs, a new, empowered energetic dynamic is brought forth creating the potential for balanced well-being. Healing is a simple release of past tensions, which can be facilitated in a gentle and proficient manner with the assistance of the

Mind/Body Practitioner. With this supportive guidance, the client is able to embrace a new way of living and an empowered stance of being in the world.