

Donna Sweeney

Energy Therapy

Energy Therapy Frequently Asked Questions

What is Energy Therapy and how does it work?

Energy therapy is the balancing and strengthening of the energy within the body, heart, mind and Spirit. Energy therapy takes place when the energy that is blocked in a particular area of the body is unblocked and begins to flow more smoothly once again. Often physical, emotional and/or mental pain can be lessened, quite simply because the energy block has been alleviated. Energy therapy promotes a sense of wellbeing and empowerment to live life with clarity and greater meaning as we connect with our deeper selves. Energy therapy is a Universal or Spiritual practice, rather than a religious practice. Energy therapy essentially is bringing the energy of the Universal Vibration of Light and Love into the client, and is available to all people. Practitioners are attuned by Master Teachers to receive this Universal energy and channel this energy to others. Light touch energy therapy has the practitioner use the placement of hands-on and hands-off techniques in positions on the physical body in order to allow for the flow of energy to enter, balance and promote self-healing within the client. This is done with the client fully clothed lying on a Reiki/Massage table with great care given for personal space and comfort. This gentle, non-invasive approach allows the energy to move within the client for the Highest Good and Highest Healing. This restoring balance gives a deeply relaxing experience that flows into a deeper access of knowledge of one's own soul mission with greater clarity and self-love.

What is Reiki and how does it work?

Reiki (pronounced ray-kee) is a light touch energy therapy system that originated in Japan. This practice allows for the Highest Vibration of Love and Light energy to be focused on the areas of the whole person that need to be brought into balance and

harmony. Reiki uses a gentle, light touch hands-on and hands-off technique that is fully respectful of the client at all times. Reiki is a gentle and intuitive energy, and the client often experiences warmth and/or tingling from the hands of the Reiki practitioner when the energy is flowing into the client. There is a balancing of the whole person - physically, emotionally, mentally and Spiritually. What is experienced is a harmony within as the client allows for the receiving of this balancing energy to occur. It is a deeply relaxing experience that can assist with opening more fully to his/her Spiritual self within, gaining greater clarity and sense of purpose.

What is Integrated Energy Therapy and how does it work?

Integrated Energy Therapy (IET®) is a light touch energy therapy that works with the cellular memory map of the body to release energy blockages in order to balance the human energy field. This system was designed by Stevan Thayer while channeling the Healing Angels of the Energy Field. With the vibration of Love from angels, there is a gentle release of energy that may be blocking one or more of the nine cellular memory map points in the body. These nine cellular memory map points are activated using light touch energy therapy to allow for a release to occur. This light touch technique works on areas of the head and upper body, with great care given for personal space and comfort. Then an integrated energy of empowerment and joy are imprinted in these areas to allow for deeper clarity of one's own soul mission. What can be experienced is a gentle release of energy blockages on one or more levels - physical, emotional, mental and Spiritual. This is a truly angelic experience.

What happens during an Energy Therapy session?

The initial visit begins with a brief discussion about Reiki or IET and what to expect during the energy session, a quick review of the Client Information and Consent forms, as well as a brief discussion in order to plan the most beneficial session for each client's individual needs. The client lays on the Reiki/Massage table, fully clothed, and is covered with a sheet and blanket, if needed. Donna upholds the highest standards of professional care abiding by the IARP Code of Ethics and the IET® Code of Ethics. While soft music is playing, the session begins with the client lying on his/her back. The actual energy therapy session is one hour in length for both Reiki and IET. Afterwards, there is a short discussion with Guided messages from Spirit that are channeled by Donna.