

Energy Medicine - The Future is Now

Breakout Sessions and Presenters:

Session #1

Biofield Tuning - Jillian Faldmo BSN, RN, PMHN

Biofield Tuning is based on the premise that the human biofield - the energy field that surrounds and permeates our bodies - is inextricably connected with our conscious and subconscious mind, including all of our memories. All physical, mental and emotional disorders can be perceived as "dissonance" in our energy fields. Biofield Tuning is able to diminish and resolve this dissonance which alleviates and even eradicates the corresponding physical, mental and/or emotional symptoms.

Hara Healing - Barbara Goodwin and Bob Bowen

If you struggle to find your passion, feel different from everyone else, or feel disconnected from spiritual experiences – a Hara Healing may be the answer for you! The "Hara" is a column of energy around us that holds the key to our intentions and our path in this life. With a Hara healing you can connect more deeply with your inspiration, enhance your passion, and live your life's purpose.

Medical Qi Gong - Fay McGrew

Medical Qigong is a branch of Traditional Chinese Medicine (TCM) including acupuncture, herbology, tuina (therapeutic massage) & nutrition. Specific Qigong movements are prescribed by a trained therapist/provider in TCM theory to support a patient's healing process. Qigong is an overall rejuvenation method to enhance life force energy (Qi) for body, mind & spirit.

Volunteering - Joan Boccio & Lisa Goodman

Includes protocol for offering Reiki at different SDRC Community Outreach events. Learn the basics that apply to volunteering in a variety of situations from the Hospital at Sharp, to Hospice, to outdoor events with varied populations. Develop your confidence and find out how you can participate more.



Session #2

Biomagnetism - Ivan Marin

Biomagnetism is an all-natural, noninvasive, healthy therapy that consists of the placement of special magnets of certain strength and polarity in specific parts of the body. This treatment empowers your immune system to heal, helps balance the body's pH and promotes natural self-healing.

Crystal Healing - Elivia Melodey

Explore how powerfully our crystal friends can assist to balance and harmonize your human energy body. Learn the various stones that support each chakra and how to do **laying on of stones** for personal healing. Enhance your knowledge of stones for use in personal grids as well as how to work on others for healing. With guided meditations and crystal sound, discover how your mental, emotional and physical energy systems are impacted.

Ho'o Pono Pono - Serena Poisson

HO'O PONO PONO developed by Mornah Nalamaku Simeona is based on ancient spiritual practices. Translates to "make right", it is used in healing as well as settling differences. Primarily working with the "self" and connecting to Source, healing occurs. Using "prayers" and a simple exercise, we begin the process. Hew Len Haleakala says it takes at least 40 hours of intense work to truly learn Ho'o Pono Pono. Most people have heard the "Four Line Prayer" but there are many, many more. Today we will focus on one more of these powerful "prayers."

Japanese Hand & Foot Acupressure - Marcie Hintz, Intuitive Acupressurist

HEARTandSOLE Japanese Hand and Foot Acupressure is a gentle and fascinating healing therapy that combines reflexology, acupressure, energy medicine, and spiritual psychology. Traditional reflexology works with the physiology of the body. **HEARTandSOLE** explores the mental patterns and emotional habits that are the root cause of energy flow disturbances and physical symptoms. If there is pain or illness in the body, the soul and mind are in conflict. The body reflects the mind and its emotional and spiritual aspects: thoughts, perceptions, beliefs, emotions, energy flow, spirituality, intuition, and consciousness. Mental flexibility to change what is no longer working (old beliefs) and transforming them into new, vital, life-supporting energy is the goal of this work.

