DONNA SWEENEY

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 your body, heart, mind and spirit. This takes place when the energy that is blocked in a particular area of your 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 for you to live life with clarity and greater meaning as you connect with your deeper self. This is a Universal or Spiritual practice, rather than a religious practice. Energy therapy essentially is bringing the energy of the Universal Vibration of Love and Light into you, and is available to all people. Light touch energy therapy uses the placement of hands-on and hands-off techniques in positions on your physical body in order to allow for the flow of energy to enter, balance and promote self-healing within you. This is done with you 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 you for your Highest Good and Highest Healing. This restoring balance gives a deeply relaxing experience that flows into a deeper access of knowledge of your 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 your "whole" self that need to be brought into balance and harmony. Reiki is a gentle and intuitive energy, and you may experience warmth

and/or tingling from my hands when the energy is flowing into your energy field. There is a balancing of your whole self – physically, emotionally, mentally and spiritually. What is experienced is a harmony within you that allows for the receiving of this balancing energy to occur. It is a deeply relaxing experience that can assist you with opening more fully to your 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 your body to release energy blockages in order to balance your 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 regions of your body. These specific areas are activated using light touch to allow for a release to occur. Then an integrated energy of empowerment and joy are imprinted in these areas to allow for deeper clarity of your unique soul mission. What is experienced is a gentle release of energy blockages on one or more levels – physical, emotional, mental and spiritual in your human energy field. This is a truly angelic experience.

What happens during an Energy Therapy session?

The initial visit begins with a brief discussion about Reiki and/or IET®, what to expect during the energy session, a quick review of your Client Information and Consent forms, as well as a brief discussion in order to plan the most beneficial session for your individual needs. Generally, you will lay on the Reiki/Massage table, fully clothed, and covered with a sheet and blanket, if needed. Chair Reiki options are also available. Donna upholds the highest standards of professional care abiding by the International Association of Reiki Professionals (IARP) Code of Ethics and the Integrated Energy Therapy (IET®) Code of Ethics. The actual energy therapy session is approximately 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, and with your permission, is voice recorded for you.