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HEALTH & WELLNESS



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**June 18th 2012: Releasing Energetic Memory  
with Amy Williams**

The body and mind are inextricably tied. As scientist Candace Pert suggests in her book, "Your Body is your Subconscious Mind". All life events affect the physical body. The mundane as well as trauma, emotional upset and heartbreak are stored in the physical body as energetic memory. Often, this energetic memory is locked in tissues or fascia during a fight-flight-or-freeze response. As a result, the tissues or fasciae tense blocking the free flow of energy. Stuck energy is the emotional event literally being "held" in cells. The energy block or imbalance often results in physical symptoms a

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#### Featured Guest

Guest Image

#### Amy Williams

Amy Williams is a 24 year veteran of massage therapy and a certified Eden Energy Medicine Practitioner. She is a visionary speaker, healer, teacher and concert performer and has 3 CDs to her credit.

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