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Energy Medicine and Optimal Health Archives Available April 09th 2012:Energy Intuition

Although most Energy Medicine practitioners don't visualize energy, most can feel or intuit energy-like a sixth sense. With increasing practice, we develop the ability to tune into the energies of our clients. This attunement allows communication between the energies of the client and the practitioner resulting in understanding where energetic balance is needed. This intuition may derive from the universal and natural ability of the physical and energy body to maintain balance, harmony and vibrancy. Often, when this intuition is heeded, a magical transformation occurs in one or more energy sys

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Featured Guest



Elsie Kerns

Elsie Kerns is an Energy Intuitive and Wellness Educator who has been teaching healthy lifestyle options to restore, revitalize and renew one's passion for life for 20+ years. She is a Certified Energy Medicine for Women Instructor and Eden Energy Medicine Clinical Level Practitioner (2009-2011). Previous educational endeavors include graduation from the 4-year healing science training at the Barbara Brennan School of Healing followed by 3-years at the Society of Souls School with Jason Shulman. Personal psycho-spiritual development included the work of spiritual teacher, A. H. Almaas' Diamond Heart Approach (2000-2007); Mindfulness-Based Stress Reduction and Reiki Mastership. She is cofou

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