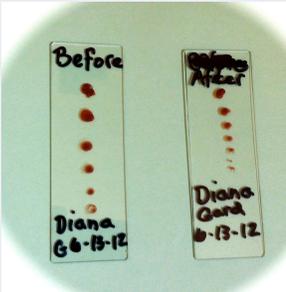




Sacred Approach Healing Arts Newsletter

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Evidence

This week I was lucky enough to get a BodyTalk session along with a live blood analysis from Kathleen Erickson and Suryo Gardner. What an amazing thing it was to see my blood cells, not too many of them, funny shaped, intermingled with yeast and toxins turn into lots and lots of them, nice and round with lots and lots of white blood cells active and eating away at any problems after one BodyTalk session. What a treat it is for my eyes to see actual evidence of a change after energy work.

I've had this experience numerous times with BodyTalk. In particular, classes I've taken from both Kerry D'Ambrogio and Lynn Teachworth involved before and after physical evaluations wherein range of motion expanded dramatically. I know there are many, many ways of measuring change in the physical body including thermal mapping, EEG readings, blood tests and so on. It's really fantastic to see these changes and know that something amazing has happened inside that world of energy and consciousness work. What's interesting to me is why we need these measures so very much.

I think it is a very intense experience to check in with yourself to see how you're doing. It's intimate and quite scary. When I was a young girl, I was afraid to listen to my heartbeat. I suppose I didn't want to hear it stop. We have many mythologies we've developed to keep us from looking within and accessing our own knowing.

Another reason we tend to avoid looking in, of course, is because once we know what's true, it's much more difficult to deny it - to go back to letting someone else be responsible for our choices and our actions, to stay muffled and safe rather than face discomfort and even great pain. If you've looked at all, however, you know that it isn't bliss, this place we can live that is often called ignorance. It's actually disconnectedness and it affects everything we do and how we relate to everyone else in a very poor way. There is no joy here, no real creativity and not much life at all.

It's very fun, absolutely, to get evidence, and I'll always be the first to get in line to look into that microscope, but it's a much more miraculous experience to discover that silent subtle place in your heart that truly knows. That says yes. That notices very clearly and without need of further evidence, the difference before and after a BodyTalk session.

A Summer Solstice Nudge

In case you've been thinking about setting up an appointment and just needed that little inspiration to do so - here's a nudge. You can call me at 206-399-7805, or you can set up an appointment and even pay for it right then at my website: <http://sacredapproach.com/request.php> Click on the Book Now button and you're on your way. If you wish, you can set up 3 sessions at a discounted rate - just choose Prepaid Packages on the booking menu after you've signed in.

I'm looking forward to seeing you soon!

~Diana

Animal BodyTalk:



Don't forget to make an appointment for your pets. They will be very grateful...

Trust Your Body!



Sacred Approach

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