

CREDENTIALS

I, Brenda M. Asterino, have an Advanced Practitioner degree in Traditional Japanese Reiki, was a student in Rosalyn Bruyere's Crucible Program, am certified in Neuro-linguistic Programming, and have taken classes at the Ohio Academy of Holistic Health. Other workshops I have participated in include those given by Upledger Institute and Emilie Conrad's Continuum. I also have a Bachelors of Science in Biology from Findlay University and a Master of Arts in the theory and practice of education from Ohio State University. Ask about other training.

INDICATIONS FOR ENERGY WORK

If you want increased well-being, enhancement of changes that you are making in your health choices, greater self-awareness, centeredness, grounding, and/or relaxation...then energy work may be a good choice for you. Because it is a balancing of your energy field, you may find it beneficial in support of you conventional medical interventions.

CONTRAINDICATIONS FOR ENERGY WORK

We are all energy. To better serve you with the energy work, your energy practitioner wants to know if you have endometriosis, hypertension, arthritis, or epilepsy.

CONCERNS OR QUESTIONS ABOUT BELIEF SYSTEMS

Chakras and chi are real. It is not something that is visualized nor imagined. It is part of the abundance that has been provided for us on this planet (and probably elsewhere). You can learn to enhance your own body with chi and I will be happy to introduce you to strategies. Feel free to ask any questions and ask for sources of reference information.

The session and hand placement will be explained before starting. You are to say if anything is uncomfortable.

BRENDA ASTERINO

ENERGY

HAVE A MORE VITAL LIFE!

ENERGY

All things are made of energy. This concept is older than recorded history. People of all cultures have some concept of the same thing designed with names such as prana, chi, ki, laying-on-of-hands, etc. One author has described this as vibrating patterns of energy that make up most of the cells of our body. Another author talks about the electromagnetic field of the earth and a like field in and about each of our bodies. The auric field of the body is more than the electromagnetic field, but it is the electromagnetic field that had been scientifically measured. Many people can sense this energy either consciously or unconsciously. Some scientists, doctors, and healers have scientifically studied this energy and the major energy points of the body called chakras. These studies have occurred in places of the East, Europe and the United States.

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THE ELECTROMAGNETIC FIELD

Much research has been done on the human electromagnetic field. Research done in the 60s and 70s by Dr. Valerie Hunt can be read about in Wheels of Light by Rosalyn Bruyere.

Conventional medicine sometimes uses this field to determine some aspects of health or disease through electroencephalograms, electrocardiograms and magnetic resonance imagery (MRIs). Some people can see this field. Anyone can learn to feel the field. An imbalance in this field can be a precursor to physical imbalances. Restoring balance to the field supports the wellness of the body.

Google “Reiki” and “Human Energy Field” for more studies.

CHAKRAS AND MERIDIANS

Many oriental sciences speak of the meridians of the body - the lines of energy flow (like rivers) throughout the body. Reiki, Acupuncture and Acupressure are approaches for those who pay attention to the meridians. I am an Advanced Practitioner of Traditional Japanese Reiki. Although one cannot use energy without affecting meridians, I mostly focus on the chakras of the body with techniques taught by Rosalyn Bruyere. These include various forms of energy chelation and balancing. Chakras are the energy centers of the body that occur at each major area of nerve bundling or at each joint of the body. Examples include: knee, hip, palm, elbow and shoulder. North Americans also have seven major chakras. During the intake process, common hand positions will be shown on a picture and explained. Please feel free to tell the Energy Practitioner if you prefer to address some areas in other ways. Your sessions are tailor made for your comfort.

THE PRACTITIONER

The Energy Practitioner works with Energy (a natural vital force) and the movement of that energy in various ways by channelling it through his or her body. Sometimes some part of the energy of the body or system of the client becomes sluggish or “stuck” or does not move in a flow throughout the body. To aid the client in balancing the flow, the practitioner channels the energy. Even though we are all energy workers in that we interact with all other things and beings, being trained to be more aware of the energy, learning more concepts of use and how to interact, gives the professional energy worker more skills to address the balancing and enhancement of the flow.

An Energy Practitioner does not take the place of a doctor, therapist, nor psychologist nor does she/he diagnose, prescribe, nor treat. I am more than happy to work with your choice of medical, chiropractic, and/or therapeutic specialist and to coordinate with and inform them of services performed.