

MBSR FAQ's (cont.)

Is it ok to participate in energy work or MBSR as a Christian?

As an MBSR practitioner, I work with and welcome people of all different belief systems. It is important to me that clients have complete clarity about the process. I am in NO way acting as a spiritual advisor or medium. I see being an MBSR practitioner similar to the function of a chiropractor, I facilitate the reduction of stress on your nervous system. Your body is doing the work, I am simply helping to identify the areas of support.

MBSR encourages us to be self-aware and take responsibility/ownership. It is a tool, but it is not a replacement for faith.

How many sessions will I need?

While energy work is a catalyst for the healing process, as with all holistic approaches, it takes time. There is not a set number of sessions you will need to accomplish your goal. Most people see significant shifts from between 3 to 5 sessions. Each person processes through the clearing differently and foremost, MBSR is not a one and done approach.

What will I experience after an MBSR session?

Some people immediately feel like a weight is lifted, very relaxed, joyful/hopeful. Some feel no immediate or instantaneous difference but then start seeing shifts in the following days. Occasionally, some clients experience a detox of sorts their body is finally able to release stored physical and emotional toxins. Symptoms of this detox could be fatigue headaches, nausea or even a brief resurgence of past physical or emotional issues. Be gentle with yourself and rest as needed, it typically passes within 24 to 48 hours.

"Awareness is like the sun. When it shines on things, they are transformed." ~ Thich Nhat Hanh