

DAMARIS JARBOUX

ENERGY-BODY HEALING^(SM)

IMAGINE your energy "channels" open, and vitality pulsating in your body.

IMAGINE old, stored emotion released so today's feelings can be felt fresh.

IMAGINE listening to "heart" and body, and hearing your innate wisdom.



INDIVIDUAL SESSIONS

Damaris works in private sessions with many aspects of the meditative healing arts which use the hands to channel life-energy. This work operates on multiple levels of the energy-body, including the "Chakra System" energy-centers from the Eastern Yoga traditions and the "Aura Field," the Bio-electro-magnetic "cocoon" that flows around the body, which is well-known in the Western esoteric traditions. This subtle-energy work also directly affects the "Meridian Systems" of Oriental medicine and Acupuncture. Thus our entire physical, emotional, mental and spiritual natures are nourished.

By working with the Aura, Chakras and the Meridians and Organs - and thereby clearing congested areas, opening closed channels and recharging depleted primary energies - this work stimulates your natural healing process, and helps you reach below the physical and emotional levels to the Soul and Spirit levels. Here guidance and support is always available.

Damaris's work involves many different techniques and approaches, including the following:

Aura Clearing - re-establishes a healthy flow in the electro-magnetic energy that circulates around the body.

Breath Work - is gentle awareness of breath, focusing consciousness in the moment in the body, allowing us to open to deep emotional tones.

Centering - is a process of guidance to help you to sink into the core of your being, where your knowledge and innate wisdom lies.

Chakra Work - opens and clears the subtle energy that flows in and out of these centers to ensure a more balanced distribution of energy.

Counseling - helps bridge the experience of energy work with everyday life.

Crystals - are tools of our consciousness, and can help conduct energy when appropriate.

5-Phases/Key Treatment - creates a resonance (sound-thru color and imagery) of leading element in each realm (body, soul, spirit) that tunes up all of the life-force body (meridians).

Foreign Energy - is "energy" (effecting thought, emotion and action) from the sub-earthly realms (though present in our world today) that does not belong to the individual (group Soul, work or business entity) or "possession" (by another consciousness) that needs to be dispelled to restore individual freedom.

Group Souls (of marriage, relationships, immediate family, extended family, Boards, organizations and partnerships) can have "foreign energy" and imbalance and are treated with the individual.

Our Work Entity - is directly connected to our spirit and holds the field of our 'life-work', our Soul's purpose and destiny (beyond job or profession), and can also have foreign energy and imbalance and is treated with the individual if needed.

A Business Entity - has a similar field and may also need to be cleared or "tuned up".

Healing Touch - an energy based therapy that incorporates a variety of healing modalities, which is widely used in the nursing profession.

Hopi Backwork - a partnership of "Earth" energy and breath to open blockages of the energy flow in the back and neck, and help us release emotional and physical trauma.

Mind Clearance - helps open and re-balance all of the major points on the head and neck, creating a deep calm and expanded consciousness/awareness of "Center".

Polarity - helps to clear the flow between the major and minor Chakra centers and meridians, so that they are all connected and the body functions as a whole.

Qigong Healing - the ancient Oriental practice of moving through, collecting, refining and transmitting universal energy to treat any aspect of the Energy-Body, including: the organs, 12 organ meridians (and all points), 8 extra-ordinary meridians (and control points). These are methods used in Chinese hospitals and medical clinics, as well as her own innovations.

Qigong Practices- are exercises recommended for a client, along with treatment, which are either specific to their individual needs or general. They are sometimes thought of as qigong prescriptions.

Qigong Soul Retrieval – brings back aspects of the Soul (which resides in the 5 yin organs) that have dis-associated into the World of Spirit (for safety and protection) into the incarnate body.

Relaxation - voice, imagery and breath awareness may be used to help one let go physically and mentally, into a deeper level of consciousness.

Remote Sessions - are 1 hour and are done in the same way with the same results as “in person” sessions, just less talking. Time and date is set and person relaxes wherever they are. Client report can be called in or emailed before and short report is given at end by phone.

Rituals - can be used to reinforce our healing intentions and ask for further help. They help individuals or groups find the form that best bridges the physical and spiritual worlds.

Solar Plexus Bowl - helps release impact from trauma, so that this energy center is not only open but can cleanly focus - like the lens of a camera.

Sound - drumming, healing chimes and voice are occasionally used to deepen consciousness, help focus the awareness on a body-mind state, and soothe and nurture our energy-body.

Therapeutic Touch - is a well established technique which brings healing energy through the hands to the body and ‘energy field’ of another person.

Trauma Release - a self-hypnotic process designed to take one back through physical and emotional traumas, to release the impact still held in our cells at key points in the body.

This work is effective, either alone or in conjunction with Acupuncture, medical treatment or other modalities, for a very wide range of conditions. These may be purely physical problems, emotionally based concerns, mental level issues or matters of spiritual development.

Any information that is offered in this flier is not intended to be taken as a replacement for medical advice. Any person with a condition requiring medical attention should consult a qualified medical practitioner or therapist.

HOW MANY SESSIONS WILL YOU NEED? WHAT DOES IT COST?

This work is normally started in 2-hour sessions (children and teens 1-1/2 hour), which includes initial “check-in,” assessment and “energy work,” Chi Kung instruction, and counseling to help integrate this work into your life. After the initial 2-hour session, we progress to seasonal 1-1/2 hour sessions (children and teens 1 hr), backed up by your own Chi Kung practice. This varies with client need. Remote session same.

Sessions are \$90 per hour, \$180 for a 2-hour session, and \$135 for a 1-1/2 hour session. A fee of 1/2 the cost of the session is charged for a first time, ‘no-show’ or cancelled appointments (if less than 24 hours notice is given) and a full fee after that.

DAMARIS JARBOUX, RN, HTCP

Damaris is a practitioner, teacher, counselor and an innovator in the field of qigong and energy medicine. She has developed her own unique approach to this work, called “Energy-Body Healing”^(SM). She teaches this in a wide variety of classes - from the "Introductory" level “Body-Energy Practitioner”^(SM) training program, to her advanced “Qigong Healing” program. Her objective is to release and accelerate the body's own healing and transformative processes, and to lead people to their own "Center Place." An RN for 40 yrs, she has worked extensively with Hospice and in the medical profession. She traveled widely in the East, observing and studying attitudes and approaches to health and healing, and led three extensive training programs in China. She has studied Anthroposophy and Qigong for 25 years. She is Founder and Director of The Center Place (1986) and a Founder of The National Qigong Association (1996). NQA.ORG