

The Foundation

Well-being is the result of a harmonious flow of energy between our physical and mental selves. When this flow is thrown out of balance for any reason, the Body and Mind react to one another, rather than responding cooperatively. Ongoing stress, sadness, anxiety, excitement and fear can overwhelm us, creating an imbalance in the body.

The body responds by taking steps to dispel the energy that has burdened it and expresses it by means of symptoms, such as pain, fatigue, depression or dis-ease. Most often health and wellness can only be restored by a dual course of treatment that acknowledges both energy clearing and the underlying emotional causes.

Intense emotions are held in the body. Often, grief may be held in the lungs, worry in the stomach, and overburdened life styles in muscle tension.

Symptoms represent the body's attempt to clear emotional energy and imbalance. Treatment of the Body and Mind together, rather than just the physical alone, helps reveal and address the root causes of our imbalance.

Mind/Body Connection: A Combined Approach

Energy Work (CranioSacral, Healing Touch, etc.) focuses on helping the body relax, scans the body to identify blockages of energy, and helps clear these blockages within the body. Our body stores our experiences. If an experience creates a blockage, various symptoms (fatigue, pain, dis-ease, unhappiness, etc.) may occur over time.

Psychotherapy through relaxing meditation and guided dialogue allows the mind to quiet so it can hear the body speak its Truth. By accessing information through the mind/body connection, the unconscious becomes conscious. The client begins to hear what is needed for healing and increased well-being.

What a session looks like...

Takes place in a dimly lit massage room with calming music

- Client lies on table fully clothed
- Elaine begins energy work, which helps the body sink into soothing relaxation
- As Elaine continues, Ruth begins guided breathing and relaxing meditation
- Deep relaxation allows the mind to listen and hear the body's cues
- Gentle questions are asked that allow the body to identify and communicate ("talk") information and needs.
- This information provides the opportunity to release blocked areas, and to better understand the body's needs so that healing may occur.
- Improved Well-Being is the ultimate outcome

**Location: Lakeview
Wellness Center
Time: 1 ½ to 2 hours
Cost: \$170**

The best way to support this process is to simply relax and allow its unfolding.

Ruth Taylor
LCSW
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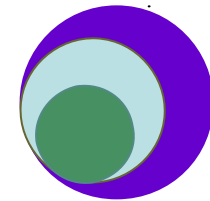


**PROFESSIONAL
PROFILE**

*Ruth Taylor, LCSW
Ruth has been a psychotherapist
in private practice for the past
15 years, and in the field of Social
Work since 1971. She creates a
heart-centered, safe, gentle place for
clients to be heard, and to heal; in
order to experience more
contentment and joy.*

**Mind-Body
Talk**

A Combined Approach



Elaine Shea
RMT, CCST
303-986-5161



*Elaine Shea, RMT, CCST
Elaine has been a Massage and
Energy therapist since 1997.
She creates a sacred space for
clients to feel nurtured and be
relieved of stress. She also
helps bring balance, peace and
happiness into their lives.*

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