

# A wakening E ssence

E mpowering Women to A C T

A waken, C onnect, T ransform

Suzanne Schevene  
Tuesdays in Hood River  
Gorge Community Acupuncture

Tired of struggling with your body, your mind,  
your emotions, your energy levels? Ready to move  
beyond the heaviness? This work is for those who  
are ready to move

- from self sacrifice to self nourishment
- from self protection to passionate involvement
- from fear filled uncertainty to confidence with  
humility

I offer pathways for transformation through body  
work, energy work, coaching & aromatherapy.



Live Lighter & Brighter!

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## Now

**There's a gap in your life between what you desire and what your** current reality is. It may relate to your physical body, your mental or emotional state of mind or an undercurrent of something else that you may not be able to put your finger on but you sense the turmoil. You know it is time to change the current state of affairs.

## You

You may want to decrease your pain or speed up the healing process.

You may be aware of the growing necessity for holistic self care and choose to regain and/or maintain your health and vitality through wellness and preventative methods.

You may be feeling a lack of peacefulness in your life, as if something is holding you back, in your way or dragging you down. You may notice an increase in irritability, headaches, fatigue or even signs of depression. The effects of stress shows up in many quiet ways before it hits our bodies in big, obvious ways, often dropping us to our knees.

You may now be ready to move forward in your life and create more of what your heart longs for—authentic connection, self expression, **creativity, right livelihood, meaningful contributions...**

## Know

What you have been doing will create more of the same so if what **you have been doing isn't working, then a change is needed. The best** choices are the ones that nourish and support you. It is only in joyfully tending to yourself, that you can joyfully tend to your life.

Self care is not a luxury; it is a necessity. Keeping yourself healthy in a holistic way—including your physical, subtle and energetic structures—is ultimately your responsibility. But know that I am here to help and support you in your process. You are not alone.

## My Approach to Holistic Wellness

My approach is to partner with you to close that gap and help you reach your desired outcome. While various methods may be used, they all include a few key elements:

- Knowledge – because, at its essence, what keeps our magnificent systems (physical, mental, emotional, energetic) working is the continual uninterrupted flow of life force energy. The flow of energy is absolutely necessary to build, maintain and repair our systems and structures that we take for granted. No life force = no life.
- Awareness – tension, pain, feelings – they are all forms of communication from within and as you learn the language you will become much more responsive to what is actually going on rather than simply trying to get away from them. Turn to embrace them—and learn.
- Presence – because the difference between going through the motions and actually being present in your body while doing it is like night and day. Be here now, in this moment, experiencing whatever it has to offer. Come back home to your body. It makes a world of difference.

Together these components can reach deep levels to locate, release, balance and evolve the area in need of help—and that is true whether we are doing energy work, body work, coaching or aromatherapy.

When we soften and release blocks, habitual patterns and attachments we allow a new, more flexible restructuring of the system to occur, be it physical, emotional or energetic. This could range from muscular tension and pain to chronic movements limitations to feeling stuck in some aspect of your life.

I am trained to balance and strengthen several of your systems, detangling the information web, releasing the blocks and balancing the energy flow for optimal wellness. Do you want to shine more brightly, radiating your joy even more as you express your unique flavor of creativity and brilliance in the world?

## Integrated Body & Energy Work

### Wellness & Prevention

These sessions are designed to be done in 30-45 minutes to help keep your systems humming along. This list will expand soon, but for now they include:

The Sanctuary: Melting into the warmth of the basalt stones while inhaling the aromatherapy of your choice and experiencing your neurovascular system rebalancing gently draws you into your inner Sanctuary. Emotions are balanced, **insights more easily surface. Ahhhh .... delightful. Utilizes light touch on the head primarily.** \$45

Embracing Joy: Supported by the warmth of basalt stones and aromatherapy, allow yourself to release the heaviness and move into more joy, laughter and uplift. Utilizes light touch acupressure on various points of the body. \$45

Brazilian Toe: **No, it's not a new dance step, but a technique based on reflexology zones** to bring you into that place of deep peacefulness and integration. Utilizes light touch on the toes primarily. \$40

Rebooting the System: Often used to revitalize the systems during or after stress and/or depletion or to boost the meridian system before surgery or some upcoming stressful event. Utilizes light touch on hands and feet. \$40

### Quantum Touch

Using light touch, healing energy is directed into the area where you need help, **whether it's to reduce pain or increase healing. Can also be used for emotional issues or general wellness.** 30 min \$40, 60 min \$75, 3-60 min \$180

### Psych K

Using muscle testing, we bring your subconscious, conscious and super conscious into alignment with your goals. 1 goal = 1 session. Quick and simple. There are more involved sessions available as well. 30 min \$40

## T ransformative C oaching

### What is C oaching?

Based on Ontological Coaching, we focus on your way of being in the world as the primary factor in creating lasting change. This is not about creating a strategic plan for you to follow, but a way of teaching you how to find your own answers within.



We dive into understanding how who you are being impacts your life and how to evolve that, rather than focusing simply on fixing existing problems or on **accomplishing external goals. This is exceptional work for those things we don't** have structures for but which we most deeply long for such as deeper levels of connection, creativity, right livelihood...

Learn a new way of thinking, as opposed to what to think. Learn to self reflect in **empowering ways. Learn new skills for your ongoing growth and evolution. It's helping bright women get in touch with and manifest their deepest desires. It's about clarity. It's about looking at how you show up in your life. It's about learning** new skills and capacities to play a bigger game—to get your gifts and talents to the surface so you can offer them to the world, whether that is a loving smile full of compassion for all you meet or a new business launch.

The things you say and do in the world—your way of being—are symbols to **others of who you are. Often there is a gap between who you're being and who** you really are. I can help you close that gap.

### 7 Weeks to T ransformation

Yes, absolutely it is possible. I will be with you as you create profound change in your life. You will learn a blueprint that you can use the rest of your life. It takes courage and commitment—courage to be willing to take the steps towards what **you want and commitment to show up for yourself and do what's required** to create what you long for. Reclaim your power and uplevel your life!

## E MF Balancing Technique

### What is the E MF Balancing?

EMF (Electro-Magnetic Field) Balancing sessions (called Phases) offer a gentle way to understand and truly manage your energy. This is a tool for transformation – **let go of what isn't working for you and learn new ways to utilize and work with your personal energy.**



**Rather than learning more ways to “protect yourself,” learn to ground, remain powerfully centered and work with the energy that is available.** The entire series consists of 12 Phases, but you do not have to do all of them to see the benefits.

- **The first four sessions are the foundational sessions to do a “spring clean”** of your electromagnetic field—release what no longer serves you and stand strong in your core power so you can step out into the world from this place of clean power.
- The next four sessions are about strengthening your presence, compassion and wisdom—and bringing forth the attributes you wish to strengthen in **your life, such as Stillness, Joyfulness, Presence, Trust , Confidence...**
- The next four sessions bring balance to your male/female aspects, to your individuality sourced from unity and to all relationships.

There is also a stand alone session, Phase XIII, which can be done in person or purchased as a download from my website. It may also show up in some of the workshops I will be teaching in 2012.

This is primarily hands-**off energy work (since I'm working in your field)** but there are some hands-on placements. This is not about healing anything—it is about bringing you into your next level of balance, growth and empowerment. Healing often happens as a result of balancing, but the primary focus is deeper balance on all levels.

## Classes, Workshops, Trainings

### Workshops

Quantum Touch Level 1 Hands-On Healing is a 2 day workshop to teach you the basics of energy healing. You will learn the fundamental skills to effectively support the healing process. Even if you are new to energy work, you will be able to learn this and get results.

EMF Balancing—The UCL Workshop will introduce you to an aspect of your energy anatomy that may be new to you. We will cover the theory of it, learn a couple of ways to work with your energy and you will give/receive a short balancing session which you can do on others. This may be offered as a one day, two day or over the course of several weeks. Please see my website for the current schedule.

Symbol Workshop is a few hours to a day long workshop to introduce you to working with your energy and to create a focus map and more.

Energy Anatomy Workshop series—coming in 2012. Learn about several of your energy systems and how to work with them.

### Classes & Trainings

Quantum Touch Level 1 is the first step towards becoming a practitioner **and CEU's are available for massage therapists. It's a skill that is good to know,** no matter who you are or what you do. No experience necessary! 2 days

EMF Balancing Classes for Phases I-IV will help you deepen into the work and teach you how to give the session. The morning is lecture and exercises, the afternoon is all hands-on where you have the opportunity to give and receive each session. I also offer the Internship for those of you who want to become certified practitioners. 5 days

Please visit my website for the most current schedule. Feel free to call or email me your questions.

I know you are busy.  
And know that I am here when you are ready.

**You might also be interested in ...**

Generating Joy:  
Release the Struggle, Embrace the Mystery  
It was great fun to write and publish this book in 2011.  
Available from me, at your local bookstore or Amazon

Awakening Essence Aromatherapy  
Free your Mind, Lift your Spirit, Brighten your Life

Essential Evolutionary Blends for a Busy Life  
These are my handcrafted, holistically blended essences,  
infused with sound, light and intention.  
Available from me directly or  
my website

*I believe creating a world where care, connection, creativity & well-being are the norm begins with each of us individually. I believe that actualizing our deepest desires, our gifts and talents in service to the uplift of our world is very noble indeed. And I believe that confidence, infused with deep humility is needed to step forth into the unknown of our lives.*

*Be well. Live life. Find passion.  
In joy and gratitude,  
Suzanne*

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