

Energy is the Best Medicine

George Mackenzie's Newsletter

My October newsletter at last! I hope it will be of interest to you and I welcome any comments that you may have.

I am extremely grateful to those who have allowed me to share their stories in my case study feature. The benefits in Bio-energy are often best expressed through personal experiences.

Workshop

I am running a 2 day workshop called Introducing Bio-Energy. There are only 6 places remaining.

This workshop is open to everyone. During the workshop you will learn some powerful techniques and discover how to apply these for the benefit of yourself, family, friends or pets.

Learn how working with energy and being energy aware can benefit your health, career, money and relationships.

Gain knowledge of the chakras and how they work.

To book your place please telephone 01382 330220 before 17th October.

Date - Saturday 1st and Sunday 2nd of November.

Time- 9.30am to 6pm.

Cost- £175. Early bird price £150 if booked by Friday 10th October.

Venue – to be confirmed.

Case Study of the Month – Beyond Depression. Karen's Story

Almost a year has passed since my first visit to George. At that time I wasn't looking for a therapist, and had never even heard of bio-energy therapy. I felt I was doing just fine although like many people I was asking for help from my GP on a regular basis. It was a friend who was looking for 'something else' and on her journey she came across George at the Body & Soul fair in Dundee. Although I wasn't too sure what she was trying to say

he did, I was intrigued and thought maybe I should give it a go. So off we went, three of us on the day, to receive our first sessions of bio-energy therapy, and of course compare stories on the way home. To begin the session George asked me why I was there. I hadn't really thought about it, but for a number of years I had suffered from periods of depression and anxiety, when at their worst led to panic attacks which really interfered with my day to day life. I thought at the time and even as I sat with George that the only way to deal with these episodes was prescribed medication. That was what worked, so I had come to accept that I may always have to use this method to pick myself up every once in a while. At that time I had no plans for the immediate or long term future, and was living day to day with no real zest for life. I had difficulty focusing on what I wanted from life, and lacked the confidence to get out and do something.

During the treatment sessions I had no idea what George was actually doing. With my eyes closed I could hear the whoosh of air created by the movement of his arms, but that was about it. Behind my eyelids however I could see colours. I experienced a variety of colours, some more vivid than others and in different waves and patterns. I found the sessions very relaxing and tried to enjoy each of them individually, as they all felt slightly different. After each one however I always felt like a cat waking up from a snooze, revitalised, and needing a big stretch. Throughout the course of the treatments, I still found it a little hard to know if any difference had actually been made. I did have more energy and focus and I had made plans for the immediate future which would hopefully in turn be long term goals also. The main difference was my lack of need for the anti-depressants I had become accustomed to taking. I felt I didn't need them any longer as a treatment or a crutch which sometimes they may have been.

So had the treatment helped me? At that time, as I have said, I wasn't sure. Now, a year on I am still moving forward in a way I wasn't previously, so I would have to say, Yes, it did help. I feel that both George and his therapy have helped me come out of the bubble of depression I was in and I have because of this been able to find out far more about myself and what I want from my life. Obviously I still have bad times but now I have a better

understanding of how to help myself get through them, and I always know that bio-energy therapy is available to help me balance my energy if needs be.

For anyone reading this that feels they may be interested in the therapy but haven't come to try it yet, just by reading this, it had found you, and it may be your time to give it a go.

Hot Condition - October's condition is depression.

Is the cloud of depression hanging over your life or that of a friend, colleague or family member? I can offer throughout October four sessions for the price of three for any client seeking help with depression.

Events-

October 19th 2008

Aberdeen Beach Ballroom. Body and Soul Fair 11am – 5pm

Thought For the Month- Keep it Simple

Energy work isn't difficult. The strength of Bio-Energy lies in its simplicity and subtlety. Similarly so does your health. The formula is easy. Do more of what enthuses, invigorates and excites you. We are faced everyday with decisions and choices. Each decision will effect your energy either positively or negatively. If your decision is based on what you desire you increase your energy. If your decision is made through need, or what you feel in the eyes of others to be correct you lose energy. You disempower yourself and deplete your energy so before deciding ask yourself – will this make me happier? If the answer is yes your energy will respond favourably. Put yourself first. Go on try it! It works!