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One-On-One Energy Healing Q&A

“Transformative healing to reclaim your joy of life”

What is Energy Healing?

I know from experience what it feels like to desperately need answers and a way forward when all known options have been exhausted, and that led me to energy and sound healing. Now I use that experience and training to support clients on their healing journeys, helping them discover and resolve their unconscious blocks to physical, emotional, mental, and spiritual joy by guiding them through a transformative process using a fusion of natural and spiritual healing modalities. One of the most remarkable things about these combined modalities is that the root of the issue is discovered and removed, making the healing permanent.

Everything is energy vibrating at different frequencies, including our physical bodies. I clear and balance my energy and connect to The Divine to become a conduit for Divine Energy, which could also be called Universal Consciousness, Source Energy, the Holy Spirit, etc. Working with The Creator and my Healing Team of seven ascended masters and archangels, I use my skills as a Medical Intuitive, Psychic, Medium, and Channel to perceive or “read” your body and your energy field, then ask questions to guide you to the unconscious beliefs you hold which are blocking what you are longing for. Your willingness to address deep wounds and long-held beliefs is critical to the healing process, and the speed of progress depends largely on your readiness, receptivity, and trust in the healing process. Once you become aware of your blocks, I ask The Creator to remove and replace those feelings and beliefs. In the next segment of the session, you rest comfortably on your bed or couch while I clear, charge, and balance your energy, moving slowly from your feet up to your head and then to wherever I have sensed there is a need for healing work. Divine Energy tuned to the precise frequency you need runs through me and into you, promoting healing on physical, emotional, mental, and spiritual levels. Always working with God and my Healing Team, I am guided to choose from my repertoire of over 50 healing skills and processes, using those which will benefit you the most. Many clients experience the beauty of the Energy moving through them, see colors, release emotions, have visions, suddenly breathe more deeply, etc., but the healing happens regardless. Ultimately, this work allows you to drop beneath your habitual patterns of protection brought about by your emotional wounds so that you can experience deeper states of health, inner peace, and connection with your life, others, and yourself. Consistent one-on-one healing sessions and practiced application in your everyday life build momentum which results in deep, permanent healing, allowing you to reclaim your joy of life!

What Healing Modalities Do You Use?

To become a Brennan Healing Science Practitioner, I completed an intensive four-year program equivalent to earning a masters degree at the Barbara Brennan School of Healing (BBSH), known as “The Harvard of Healing Schools.” There are currently BBSH schools in twelve locations around the world, and I studied at the base school in Miami, Florida. Brennan work utilizes a large body of knowledge in the areas of energy healing and Psychology including nearly 20 Psych Development Skills and 40 Healing Science Skill processes, each appropriate for addressing particular healing needs. I am also a certified ThetaHealer, a modality which, as does Brennan, uses the unconditional Love of the Divine to heal. Through a direct connection to The Creator of All That Is while in a sustained Theta brain state, ThetaHealing utilizes a process of discovery to gain awareness of, remove or resolve, and replace the underlying beliefs you are rarely conscious of but which are the cause of your physical, emotional, mental, and spiritual challenges. In addition, I was trained one on one by a self-taught healer, benefiting from over 20 years of work with her guides and angels. I use a combination of these three modalities synergistically, and augment them with my skills as a Medical Intuitive, Psychic, Medium, Channel, and Spiritual Coach to help you bring about the best healing outcomes by eradicating the source as well as addressing symptoms. In the near future I will complete certification as an Integrative Medicine Health Coach, in which medical tests and their reports offer personalized data from which a plan is devised to balance your microbiome (gut), hormones, and adrenals as well as eliminate inflammatory food responses which exacerbate health issues. Combined, I will have over 6000 hours of training in the healing arts.

What Else Do You Do?

In addition to being an energy healer, I am a professional speaker and sound bath healing practitioner, for which I use the beautiful sound of crystal singing bowls. I am available to speak to groups of all sizes with the intention of helping them gain awareness of the comprehensive transformative healing possible through natural and spiritual modalities. During my group sound bath healings, called Release & Restore, I guide attendees through a crystal bowl sound bath, group energy clearing, and guided meditation. Since we don’t automatically release stress and trauma as animals do, such as a dog does when it trembles, when there is too much stress or trauma to process in the moment, our brains wisely direct the body to store it in our cells. Each of the three areas of the triune brain stores and releases this stress and trauma differently, though. The 600-million-year-old brain stem, or “reptilian” brain *reacts*, which we know as fight, flight, freeze, or faint, and directs the body to store stress and trauma perceived as an existential threat. The 500-million-year-old limbic area of the brain *relates* and directs the body to store emotional stress and trauma. The 200-million-year-old Cerebrum *reasons* and directs the body to store mental stress and trauma. The challenge comes in getting the body to release stress and trauma, and each type requires different modalities to accomplish that task. The combination of the three modalities used in Release & Restore stimulates the vagus nerve and allows a sense of safety, triggering the cellular release of stress and trauma stored by all three areas of the triune brain.

Is Energy Healing Faith-Based?

Yes, my approach to everything in life is God-based, including energy healing, though it’s not associated with any particular religion. One of the most important requirements for successful energy healing is that you believe there is a benevolent Higher Power, whatever name you might use for that entity, and that this Higher Power longs for you to lead a joyfully healthy life. The healing energy used is not mine but is God, or Universal, Energy tuned to the exact frequency of Unconditional Love you need for healing. As a highly trained and highly intuitive facilitator and conduit, that God energy flows through me into you for the purpose of healing. I am open to and accepting of all beliefs, faiths, and religions which are based on unconditional love. In my lifetime of intense spiritual seeking, this is the most God-aligned experience I’ve had.

Who should consider including energy healing in their health care program?

All physical illness responds to energy work because our pains, tensions, and illnesses often result from negative beliefs and blocked energy which flows freely in a healthy body. Eastern cultures teach that energy comes first, and when it slows down enough it manifests as physical matter. If you change energy, you change matter, and where energy is stagnant there will be dysfunction and eventually disease. I have repeatedly seen and experienced the truth of these teachings. When we block this energetic life force by worrying about the future or being stuck in the past, we not only produce physical symptoms, we also diminish or even shut down our capacity to experience the fullness of life in the moment. This blocking usually leads us to false mental conclusions – known as beliefs or programs - including distorted thoughts and emotions which in turn distort our experience and understanding of our bodies, ourselves, our relationships, our professions, and our world. My healing skills support your process of coming into wholeness and learning to live life an even better way. The rewards are many and deep because the more conscious and aware we become, the more vital and joyful our lives will be.

What conditions respond best to this type of energy healing?

All physical, emotional, mental, and spiritual conditions respond well to energy work! Literally, if you can name a concern, energy healing can address it, and does so from the highest place, like the headwaters of healing. This includes stress-related illnesses and painful, acute, and/or chronic issues of all kinds. Recovery from cancer or surgery can be accelerated. Since the body often holds physical memories which have no mental connection, energy healing gets at emotional and psychological issues which can't be accessed in traditional talk therapy, and there is no re-traumatization. When medical or holistic interventions don't bring about wellness, adding energy healing can be a major force for resolution because it addresses the source of the issue rather than just the symptoms. Following is a modest list of conditions which respond well to energy healing. Please note that it is critical to continue seeing your medical doctor, therapist, and other health team members while doing energy work; energy work is a complementary treatment, meaning it works alongside traditional Western medical treatment. I do not provide diagnoses and am not licensed to do so.

Physical Health Issues

- Microbial Infections: Viral infections including COVID, West Nile, Flu, HIV, colds; Bacterial infections including ear infections and pneumonia; and Fungal infections including yeast such as candida, athlete's foot, etc.
- Skeletal System: broken bones, joint conditions, teeth, osteoporosis, etc.
- Endocrine System: hormonal imbalances, fertility, diabetes, thyroid, adrenal fatigue, etc.
- Digestive System: GERD, IBS, Colitis, Hemorrhoids, diverticulitis
- Respiratory Issues: microbial infections (see above), asthma, COPD, sleep apnea, bronchitis, etc.
- Heart and Circulatory: high blood pressure, heart disease, cardiomyopathy, stroke, peripheral vascular disease, varicose veins, dementia, atherosclerosis, arrhythmia, etc.
- Lymphatic System: lymphedema, swollen lymph nodes
- Excretory System: UTIs, bladder infections, enlarged prostate, kidney stones, etc.
- Sexual Systems: Fertility, Sexually Transmitted Infections (STI), Reproductive Tract Infections (RTI), Peyronie's disease, libido, vaginal infections, etc.
- Muscular System: injuries including pulled, strained, and torn muscles; muscle cramps; tendonitis; shin splints; muscular dystrophy; neuromuscular disorders, etc.
- Nervous System: epilepsy, meningitis, MS, Parkinson's disease, Alzheimer's, carpal tunnel, spinal cord injuries, Bell's palsy, Cerebral palsy, etc.
- Skin Issues: acne, eczema, psoriasis, rosacea, scleroderma, vitiligo, infections such as athlete's foot and ringworm; burns; allergies, blisters, wounds, etc,

- Eye Issues: macular degeneration, cataracts, diabetic retinopathy, glaucoma, astigmatism, myopia, presbyopia, and infections such as pink eye, styes, etc.
- Brain Issues: brain fog, brain injuries, infections, tumors, and diseases including seizure disorders, strokes, TIAs, dementia, tumors, and infections such as encephalitis and myelitis, etc.
- Ear Issues: middle and inner ear infections, vertigo, hearing loss, tinnitus, perforated eardrum, Meniere's disease, swimmer's ear, impacted earwax, glue ear, etc.
- Cancers of all types in all body systems including relief from the side effects of radiation and chemotherapy
- Genetic Disorders

Emotional Health (managing and expressing emotions based on learning and experience)

- Depression
- Stress
- Anxiety
- Trauma
- Relationship issues, including past relationships with those who are deceased
- Grief
- Depression
- Behavioral disorders including obsessive compulsive tendencies
- Perfectionism

Mental Health (A broad term which includes emotional health, it encompasses how a person thinks, feels, and acts, including the ability to process information and understand experiences)

- Depression
- PTSD and CPTSD
- ADD and ADHD
- Autism spectrum
- Phobias
- Panic disorders
- Anxiety disorders
- OCD
- The effects of domestic violence
- The effects of childhood trauma

Spiritual Health Issues

- Wounds stemming from negative religious indoctrination
- Feeling disconnected from God
- Looking for purpose in life
- Being mindful and present in your life
- Finding your spiritual path
- Distrust or hatred of God
- Distrust of God's ability to love you
- Distrust of God's benevolence toward you and/or others
- Spiritual beliefs, worries or concerns that are causing stress

How does energy healing have a physical effect?

Physical matter is formed on a matrix of energy patterns. Without energy there is no matter. We know this in physics but don't usually think of it in terms of our bodies. A physical injury changes the energy field; it might create a break or a leak in the flow of the life force or a block in the energy field. Conversely, a distortion in the energy field will create a physical change. As we work to repair the energy field and

remove the underlying belief which is the source of dis-ease in the body, the life force returns to normal balance and initiates healing in the physical body as it is designed to do.

What is an aura / energy field?

The terms energy field and aura are used interchangeably to mean the same thing. Just as there are several physical systems in our physical bodies (circulatory, digestive, nervous), there are several energy systems (chakras, meridians, aura) in our energy bodies. They all work together to create “life.” Your aura is an egg-shaped energy field which surrounds and interpenetrates your physical body – it encompasses the area in and around you which you perceive as your personal space. It holds the positive life force as well as unexpressed emotions, physical traumas, and suppressed feelings and thoughts. Our fields are the medium through which we express love and come into relationship with each other and the world; 80% of our communication is done through the auric field.

What should I expect during a healing session?

A healing session consists of three parts, all conducted over Zoom. First, I use High / Extra Sensory Perception (HSP/ESP) to conduct a reading of your body and your energy field to find distortions in the flow of energy. Second, during the dialog portion, we identify, remove, and replace false beliefs which are being unconsciously held and are the underlying cause of the issue you are presenting for healing. Lastly, you lie on your bed or couch while relaxing with your eyes closed. Beginning at your feet and working up your body, I clear, charge, and balance your energy field / aura. Healing skill processes then follow, chosen to most effectively correct or repair specific energetic distortions. During this portion of the session, you might choose to remain loosely aware of your body and the area around it or simply let go and relax into receiving the Divine Energy which brings about your healing. It's important that you refrain from making any effort to “help” other than staying open to receiving the healing energy. In addition to offering its own profound healing, this segment of the session deepens the integration of our dialog work.

If you're wondering what you might sense internally during energy work, the experience varies by person but is typically very pleasant, relaxing, and positive. Emotions may surface to be released, but that is an important part of your healing and feels like a relief rather than re-traumatization. Some clients simply relax deeply while others also feel, see, and hear intuitively during a session. Many experience Divine Energy moving through their bodies and some see colors, hear messages, gain understanding, etc. It's important for you to know that what you experience during the healing doesn't correlate to its results, and the healing will continue to unfold for at least 24 hours after the session.

It's important to come to your session well-hydrated to ensure the best results, and to stay well hydrated after the session to help flush the energetic debris from your body and field which is created or “knocked loose” during the work we've done. Also, be aware that you are energetically open for the 24 hours after a session. Don't use alcohol or recreational drugs, and do indulge in self-care including hydration and sleep.

What should I expect during a focused healing session?

Focused healings are available to clients who are already seeing me for one-on-one healing sessions, and are typically used as a tune-up between sessions. After texting me a recent picture and the single reason for your focused healing request, you simply go about your life. Within four business days, but usually sooner, I will complete your focused healing remotely and text you back to let you know the results. You may feel a shift in your energy as, or just after, the healing has been completed. Your perception of the healing results might be as concrete as lowered blood pressure or decreased illness symptoms, or as subtle as feeling lighter, brighter, and clearer.

What should I expect during a free 30-minute phone consultation?

That's completely up to you! This is a time for you to ask any questions you have about energy healing, my practice of it, and how it might benefit you.

How does remote healing work?

I have completed successful healing work on clients across town, throughout the US, and around the world including Brazil, Canada, England, France, Japan, Kuwait, Mexico, Switzerland, Vietnam, and more. Because, as Einstein enlightened us, there is no such thing as time or space, remote healings work regardless of where you are on the planet and are conducted exactly as they would be in person except we are in two locations communicating over Zoom. It seems like magic, and it is quite magical, but it's really Science! (If you're really curious, look up quantum entanglement)

What do I wear for a healing?

For either a one-on-one session or the Release & Restore class, please wear comfortable clothing such as yoga pants, sweats, loungewear, or leggings. You will remain fully clothed, removing only your shoes, heavy jewelry, and any accessory which might create discomfort or block energy flow. For a focused healing, wear your normal attire.

How do I prepare for a healing session?

In order for energy healing to work, you need a belief in a benevolent and loving Higher Power, and you need to believe that the energy healing will work. The most important things in preparing your physical body are to be well hydrated and avoid alcohol and recreational drugs for at least 24 hours before and after, including marijuana. It's also good to eat clean food and do something to raise your energetic vibration beforehand such as taking walk in nature, meditating, prayer, or listening to beautiful music. This will open you to receiving and holding the healing energy. There is no preparation for a focused healing beyond texting me your picture and healing request, sending payment, and being open to receiving Creator's healing energy.

How long does a session last & how often will I need them?

On-on-One Healing Sessions: An initial healing session is typically 90 minutes, and subsequent sessions are usually 75 minutes. Appointment length and frequency will be determined according to your needs, keeping in mind that healing momentum is increased by the frequency and time span of treatment, yet this is ultimately the client's decision. Along with how consistently the client follows through on suggestions given to maintain and advance healing between sessions, their ability to receive and hold the healing energy varies widely and impacts the frequency and length of sessions needed. This ability increases as healing progresses over time. These suggestions might include grounding, hydration, diet changes, reading material, physical cleanses, seeing a therapist, medical appointments, etc. More sessions and/or focused healings may be indicated during times of high stress, emotional reactions, acute illness, injury, or surgery. Session schedules for clients with serious chronic health conditions will be determined on a case-by-case basis.

Focused Healings: I complete focused healings while clients go about their lives. There is never a scheduled appointment, and the client drives the frequency of the healing work by submitting a request

via text followed by payment. Focused healings are available to clients who are currently committed to a package plan.

Release & Restore: The Release & Restore class lasts 60-75 minutes.

How long do the positive effects of a healing session last?

That's not an easy question to answer because so much depends on the readiness and receptiveness of you, the client, as well as how long the issues have been a concern, what and how severe they are, and what your healing goals are. Are you willing to go to unexpected places of vulnerability to discover the subconscious beliefs at the root of your challenges? And once the key beliefs are uncovered, are you ready to make the needed life changes to heal? Sometimes one session can make an important impact while it will typically takes multiple sessions within a reasonable timeframe. The positive effects typically last at least three days, but I've also seen "instant" cures and I've seen the benefits last for a month. Healing momentum builds over time if the frequency and timeframe of the sessions are adequate for your needs. Some issues require more frequent treatment. For example, viruses like West Nile, Covid and flu require two or three treatments per week for two to three weeks and it is important to follow the provided protocol of clean eating, supplements, and remedies between sessions. That being said, the combination of Brennan and Theta is powerful, and sometimes only one session is required to correct an issue if you are ready! It's not magic, but it's certainly magical!

What is the difference between full and focused healings?

A full healing is a scheduled appointment and is longer and more in-depth work toward deep and lasting healing of all dimensions of the self. The session is one in which you participate, and we work as a team to bring about deeper and deeper healing of your life challenges and all that's causing them on physical, emotional, mental, and spiritual levels. At the end of a full session, I frequently offer suggestions of supplements, practices you might want research, or books you can read on your own to better understand and support your healing.

A focused healing is called that because it is focused on alleviating one specific symptomatic concern such as a viral infection, mild depression, hip pain, high blood pressure, grief, etc. It is available to clients who are currently committed to a package plan and is designed to act as a "booster" between sessions when something comes up unexpectedly. After requesting a focused healing via text and sending payment, you go about your life and within four business days, but usually sooner, I'll text you with an update.

I hope this has helped you to better understand my healing practice, giving you a base of knowledge, but I also hope you'll ask me any additional questions you may have! JB