

Useful wellness principles and energy applications based from Feng Shui, Reiki and traditional energy work. These proven centuries-old techniques can improve well-being, raise energy levels and bring positive flow and balance to one's life; offering insight on how to "see" your own energy; align goals and achieve successful, harmonic flow.

**SEEING ENERGY:
The Art of Living Within Life's Flow**

by Rhonda Moffatt

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SEEING ENERGY

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RHONDA MOFFATT

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Disclaimer

This book details the author's personal experiences with, and opinions about, her reflections on her study and practice of Feng Shui, Reiki, Eastern disciplines and energy-work; specifically, how they relate to traditional wellness principles. The author is not a licensed medical or mental health practitioner.

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This book provides content related to various wellness principles, Eastern disciplines, and related topics. As such, use of this book implies your acceptance of this disclaimer.

It is my belief that personal balance comes from the connection between earth, people and spirit. Somehow, some way it's about that connection.

With more than three decades of education and experience in wellness and energy applications in Traditional Chinese (Yang) Feng Shui, Reiki, readings and traditional energy work based on wellness principles, I have learned that healing holds information that is there to help you nourish your environment and your personal energy; providing you alignment with your goals and positive, harmonic flow in your life.

Over the years, I've connected with people all over the world who agree with that idea.

It had me thinking ...What if there was a place where people could visit and select modalities that resonate with him/her? Allowing each person to receive information from a modality he/she can hear and trust in; then from there, trusting that referral to other practices or concepts. The individual could build his/her own "personal board of directors" to facilitate his/her own life balance.

It's an exciting thought!

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Lawyers, traditional doctors and pharmaceutical companies all suggest that the other would never allow it. I tend to agree and began thinking about how to offer the various-modality platforms in a softer form, free of all the corporate trappings and legal mumbo-jumbo. (Yikes!)

It might be an idea that has yet to arrive. Regardless, I am giving it a shot and have opened a company in reflection of that idea. This book is also part of the concept.

I believe individuals know their own circumstance. How they got there as well as the best assistance to lead them to their next place.

The intention of my work is to provide a place to get you thinking about (and then, perhaps acting upon) your own transition processes in life. It might take various and multiple concepts/modalities to link the destiny of individuals to their own environment. (It takes a village!)

The aim is to ensure transitions are as smooth as possible (or at the very least, make sense) and lead to harmonic living within one's own surroundings; to open you to the concepts of complimentary disciplines; to assist you in the

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process of hearing your own message in whatever modality is right for you.

Sometimes people can't hear or don't connect/resonate with information when it is presented by traditional means. There are moments when we just don't understand.

Your life might feel like it needs better flow. Your transition might be uncomfortable because you can't decipher the energy you find yourself in now; or where you're heading with the particular path you find yourself on.

Skills and tools of various disciplines are there for the purpose of providing personal awareness and support through applications and through one's own personal energy; they offer the sharing of information. Skills and modalities as complimentary disciplines add to and/or with what's working for you now; putting individuals back in touch with who they are. Curiosity, synchronicities and consciousness are behind the concepts. Each assists with living one's best life; in a living, breathing, continuing process.

Applications for each tool are based from the foundations of various wellness principles and work congruently. The applications can improve

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well-being, raise energy levels and bring balance to our lives.

The concepts offered here act as a conduit or intermediary to/during transition. The intention is that they are to be used as connection-agents and/or communication-intimacy-conduits using intuition and proven centuries-old techniques. Teaching people to open into those platforms; illuminating the light in and for themselves and their surroundings.

Be open to various healing modalities. If something resonates with you, or engages your curiosity, perhaps that's where you start. If you connect with the concept then you likely have an excellent shot of connecting with the benefit there as well; your first step to into, the new.

Ultimately, it is up to each individual as to whether he/she chooses to follow the sharing of information and skills provided by any discipline. It is advisable to consult with one's own medical, mental health, wellness, or other applicable licensed professional, prior to so doing.

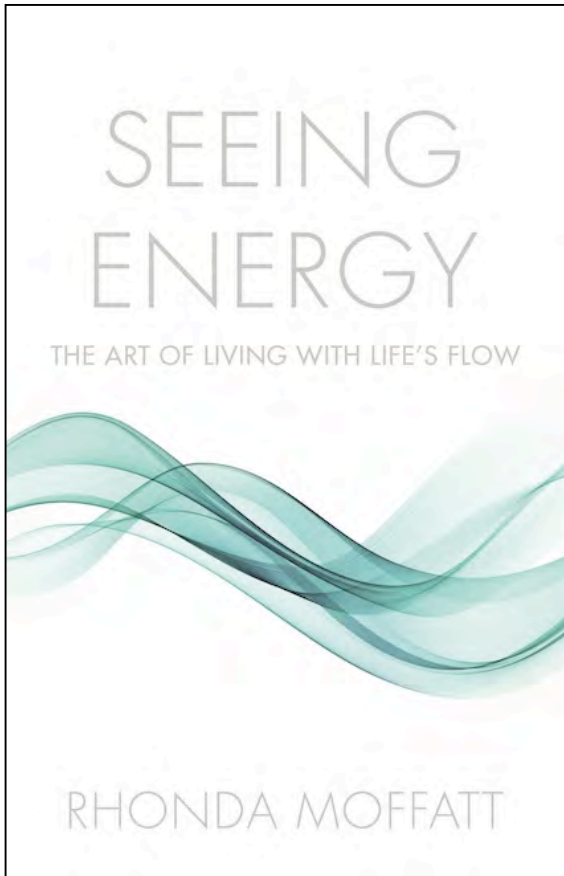
We encourage you to work with your own professional team and garner its opinion about all

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modalities as they relate to your own wellness path.

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