

My Personal Healing Story

by Eve Moore, writer – Gloucester, MA

I first experienced Kathy Eckles with a group of women collected by a world-wise friend we all had in common. The purpose of the gathering was to glimpse what was possible in the realm of self-healing via the tools/protocols Kathy, a learned and experienced practitioner in a variety of traditional and alternative psychological modalities, had to offer. I was certainly game, having spent some time trying to divine how best to get at some nagging issues in my life. I'd gone the well worn routes many of us wander: standard clinical therapy, acupuncture, herbal medicine et al; while much of it served a purpose, I nonetheless came away from each experience/realm no less lightened of the more burdensome issues of my life.

Used first on this particular day to demonstrate Kathy's basic protocol, I was subject to a twenty minute or so delve into that which was keeping me "stuck" in life. How was this ascertained? Quickly and easily, using kinesiology (or muscle testing) to tap the intelligence of my body to unlock the wisdom of my heart/mind.

It seems our bodily senses, tissues, muscles and cells store as much life experience/data as our minds. Unlike our minds, our bodies' accumulated data isn't subject to the hierarchical storage facility our minds use. In other words, our bodies don't judge or rank or file our life experiences they simply record them. It's been said by many in the quantum sciences that the body represents the subconscious mind. This is our being's command and control center. In fact, quantum science says our subconscious mind processes approximately 400 billion bits of information a second. By contrast, our conscious minds process around 2,000 bits. Energy psychology as a field has grown up around this new understanding — reaching the subconscious to unlock/untrigger past emotional/spiritual/mental trauma for this is where it *lives*.

Kathy has employed this keen insight as the basis of inquiry into the "thing" or "things," "issues" or "isms" that left undetected, neglected and/or unaddressed can bedevil our daily lives and essential sense of being. Enormous or infinitesimally small, traumatic experiences are uniquely ours and left unattended, can seriously derail even the best, most conscious intentions we have for ourselves and our lives.

My first experience with Kathy led to a trauma experienced in childhood that had rendered me a longstanding sufferer of night terrors and sleep disturbance. After my experience with Kathy, the night terrors were gone. *Gone*. I'd suffered 45 long years of terror if awakened at night, feeling ill at ease at nightfall, and in a matter of twenty minutes, this "reality" was completely altered. Of course I didn't know that right after these twenty-minutes were up, then I simply felt very much at ease. But I came to see just how profound this session had been in the days and weeks that followed. Now, more than a year after this experience, I remain free of any and all night fears, terrors or nocturnal illness at ease.

Based on this incredible outcome, I recently sought to work with Kathy again. I'd been feeling "weighed down" and unable to be present for some time. After a very short period of time working Kathy's protocol to get in touch with my body's wisdom, a past life experience was determined to be aggrieving me in the present. For the purposes of full disclosure, I had no "belief" in past lives when this was ascertained to be the issue; neither had I any disbelief. I was then and I remain now agnostic on the subject. Regardless of my pre- and present disposition on the subject, Kathy was still able to lead me to/through that experience in my body/mind and by doing so, enabled me to "release" it.

The net result of this release has been shocking and profound, if unfathomable and inscrutable to my curious mind. I've dropped weight, quite suddenly and otherwise inexplicably (I'd been adding/retaining weight in these past years that simply seemed untouchable.) I've altered patterns/habits that had previously seemed nearly unalterable to me, on a dime. I feel empowered in a way I'd not known previously, and newly present and peaceful.

The power of Kathy's wisdom and professionalism is remarkable. I feel great zeal in recommending her gift, skill, insight and exceeding emotional generosity to any and all feeling burdened in any way. For purely practical considerations, her method/approach/form is highly effective and certainly efficacious with minimal time invested. Considering the spiritual or metaphysical, her warmth, empathic and intuitive, easy manner welcome one to openness and revelation. And thus transformation.

All told, Kathy's particular brand of energy psychology has profound implications for our individual/collective present and future wellbeing. We each have the capacity to heal ourselves; we simply require the attuned guidance.

Astute, deeply conscious, keenly sensitive and preternaturally gentle, Kathy is a most able Sherpa to help unravel, redirect and elevate the courses of our lives.

— — Eve Moore, writer