



## Camille Baughman & Associates

THERAPEUTIC MASSAGE AND WELLNESS CENTER

### **The Unfolding Moment Comprehensive Energy Work**

Traci Wood  
& Kim Schultz

### **A Simple View of the Personal Energy Field**

Everything is energy. We come as an energy bundle collecting experiences as we grow. When experiences are not met in the moment they are stored in different ways throughout our energy field; creating distortions, fractures, entanglements and blockages. Psychological as well as physical trauma are locked into place at the level of heightened awareness they were experienced. Until this level of openness is re-experienced, these traumas cannot be released. Working with trained practitioners creates a safe environment for unresolved experiences to be met and incorporated.



The attached picture from Alex Grey's *Sacred Mirrors* is a nice representation of the personal energy field. Just as a house has a foundation, walls, wiring, plumbing & duct work so does our personal energy field. Throughout time plumbing gets clogged, wires get frayed, ducts get filled with dust and debris, and so do the systems of the energy field.

The pelvis is the foundation of our energy system. It is where we find and connect to Self. It is the center of our true power. An open pelvis provides the ability to stay present to whatever is occurring in our environment.

Once we have connection to Self we then are able to connect with “other” from the heart. At an early age we are taught to ignore or repress our feelings and trained to operate from our intellect. By freeing our heart and opening our mind we can come back to balance. A freed heart allows for connection to all of life. An open mind is like a flashlight, a focusing tool that can shine light on what our greater awareness wants to see.

In each session, the client is met where they are in that moment, allowing for what is present to come forth for healing and transformation. Kim’s access point begins at the physical and works inward while Traci’s access begins in the deep realms of the client and works toward the physical. This spectrum creates an opportunity for multidimensional healing to occur.

Traci and Kim are both graduates of the Barbara Brennan School of Healing, massage school and various other trainings.

They live and work in Mancos, Colorado and travel to Carlisle on average every 2 months.

