



## **Energy Sessions with Magy Rehayem**

*Hello, my name is Magy and I'm glad you want to find out more about what I do at Ishman BodyCare Center...*

The **energy work** I practice is a blend of intuition, natural elements (i.e., crystals, natural incense, flower essences, essential oils, breath, etc), use of chromatic energy concepts, and energetic touch. The **Andean healing traditions** I trained under are based on a variety of fundamental concepts including the following: (1) everything that exists has a spirit (many people call this chi, or inner life force), (2) that we are each connected to one another through a larger universal consciousness, (3) that this consciousness resides within us, and (4) that much of the disharmony we feel in our lives shows up as pain and tension in our bodies and is created by unresolved stress, physical and emotional depletion, disconnection to one's core, and perceptions or beliefs that might no longer be supportive.

### *What are the benefits?*

In general, energy work is a great compliment to body therapies such as massage and chiropractic work. Energy sessions are also helpful to anyone pursuing a more conscious relationship with themselves. In each session my intent is to support you in the release of the disharmony you're experiencing, so that you can become more focused, balanced, and experience more physical and mental clarity. This allows you to be authentically engaged with your thoughts and emotions and therefore better able to manage your life.

### *What can you expect in a session?*

At the beginning, we have a conversation about the issues that motivated you to have a session, any expectations you may have, and then I make some suggestions of how we can begin. In each session, I start with a complete scan of your energy body. This highlights certain areas I keep attention to during the session. Throughout the session, I spend a majority of my time at your feet or head to support the movement of energy your body is processing. Because I am working at either end of the body, this taps into a center energetic line we all have called the Hara line (The Hara line holds the anchor point of the body, is located along the midline of the body, and centers in the abdominal and pelvic area. \*\*) There are times when I also use specific essential oils, incense, sound, or natural elements such as stones on different areas of your body to help facilitate the release of disharmony or to enhance positive energy flow.

### **Ishman BodyCare Center & Institute**

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### *What is a client's responsibility during a session?*

Though each session is different, you are usually asked to do two things: (1) to breathe into your physical body and (2) to relax into a meditative state and observe your body sensations, emotions, and thoughts during the session. There may be times when I may ask you to breathe in a specific way, focus on a certain areas, or do a certain type of visualization. This helps to facilitate the healing process during a session.

It is important for each energy session recipient to take an active role in their own healing process, whether during a session or while living your daily life. By learning to work with your body's innate wisdom, you will naturally take on more self-responsibility and in the process, develop a more profound relationship with yourself.



**Margaret Rehayem, M.A.** uses her talents as a natural healer and her formal education as a transformational coach to support people wanting to live life with more contentment and passion. Margaret has been in the health field for over 20 years. She is a national speaker on health and lifestyle management. She also offers women's retreats and personal enhancement programs for coaches and healing practitioners.

She has completed in-depth apprenticeships focused on the study of subtle energy bodies in the Andean healing traditions, advanced coursework in aromatherapy, is certified as an NLP Health Coach, and has extensive experience in a variety of body/mind/spirit therapies. She is currently completing a teacher-training program in Hatha Yoga and the Tantric traditions. Margaret created and now manages a national award winning employee wellness program for College of DuPage. She also has her own coaching and consulting practice and lives in the northwest suburbs of Chicago.

\*\* Another source of Hara line explanation is in Barbara Brennan's book, *"Light Emerging"*