



# ENERGY WORK 101

with

Dr. Word Smith Wisdom





# WHAT IS ENERGY WORK?

Energy work is a practice of consciously moving the body's naturally occurring life force. Energy here refers to the felt sensation and animative force that moves through all living beings. This energy can be felt by many naturally and by others with very little training. The ability to feel and move this energy is called 'energy work.'

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# WHO CAN DO ENERGY WORK?

Anyone, whether young or old, has the potential to do energy work. The amount of time it takes for someone to learn varies depending on how much they practice and their natural ability.





# HOW CAN ENERGY WORK HELP YOU?

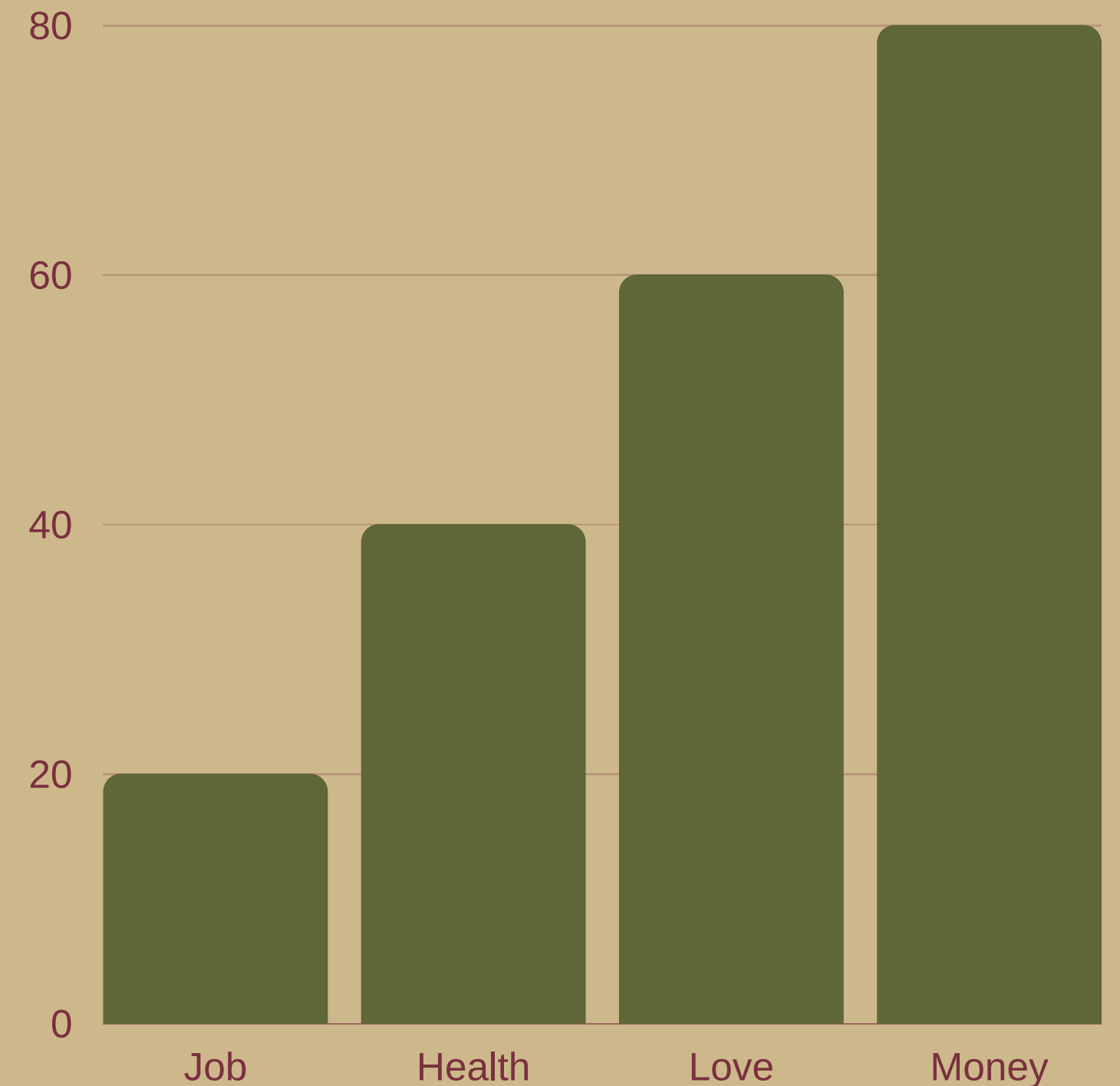
Energy work can help with any ailment or situation. If someone does it properly and regularly they will quickly get the benefits. The amount of benefits one receives in any given case will vary based on their situation.

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# HOW MUCH WORK DO I NEED TO PUT IN TO GET RESULTS?

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The amount of the work you put in is directly proportional to the amount of change that will occur in your life. Work here means ‘conscious effort’. Once we start to make the connection between what is inside our hearts and what we see outside of us we can consciously decide what life we want to cultivate.



# MANIFESTATION



## What

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The process of how things come about. Conscious manifestation is the process of purposely bringing things into your life. Conscious manifestation requires us to change our thoughts, habits and vibration to change what we see as our world.

## When

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When you get results all depends on a variety of factors. The main factors are: how much work you do, how deep you go when you do it and what support are you receiving as you delve into the work.

## How

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In this model, the world is made of energy. Therefore changing that energy is going to give you the results you want faster than any other method.

# WHAT IS A GUIDED SESSION?

A guided session is where the client is taken through a series of energy work exercises with Dr. Word.



DR. WORD SMITH

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# CONTACT US



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