



Energy Work ~ Melissa Hope Vojta



So what is this Energy Work and how does it differ from Reiki?

The most commonly known form of energy work is Reiki, which is a Japanese healing art where the practitioner is attuned to Reiki symbols. Using the symbols, the practitioner channels the energy through their hands to the recipient's energy field and chakras. There tends to be a blueprint for how a session will run. I am certified in Reiki and worked with it for many years, off and on.

What I am doing now are Distance Healings that channel Source/Divine Energy to the recipient that works through the whole energetic field and chakras. We connect energetically (I sense your energy field from wherever you are, set up a clear, sacred space around you, connect to your energy field, open up your chakras, and start channeling Source/Divine Energy to you, following your energy as we go). This kind of healing clears your field, and helps you release thoughts, emotions, and patterns you are ready to let go of. It invites greater Self-Love, Forgiveness, Acceptance, and new levels of Awareness. Personally I have found this energy work to be transformational, expansive and more sustainable. In particular, I have loved it in combination with talk therapy (separate experiences, during the same general time period). I've found that I'm able to shift and grow with greater ease and speed.

This is intuitively guided, unique to each person and beautifully alchemical. If this resonates with you, or you have questions, I'd love to connect with you.

Warmly,
Melissa