

# Module 4

In this module, we are going to activate the healer within you. Now, to recap, here's the high-level science explanation of what I do. We, as solid matter, are made up of cells. And within these cells there are particles that bang around within your cells. And this banging around - of the millions of cells that make your body, mind you - create your own unique vibration.

In energy medicine, or spiritual healing, it is believed that everything that exists in your physical body begins first in your energy body. As a healer we choose to make a concerted effort towards building our awareness of energy: that around us, and others.

Tell me about a time here you've walked into a room and said, "You can cut the tension with a knife", or if you have children, perhaps you'd like to share a time where you just had a sense that your kids were up to something.

Has there been a time where you've felt totally defeated, or exhausted, and you've said, "I need a break, I can't go on"? What happened to you in that moment, did you feel yourself restored as I described in the video? Or perhaps you felt a nudge or an urge to just keep going... To take one more step. Or maybe too, you simply attributed your renewed self to your second wind. Tell me about this experience for you.



*Rev. Michelle Scrimgeour-Brown*

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