

Sisters of St. Benedict — Ferdinand, Indiana
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Energy Healing

A complementary approach to addressing imbalance and disease is the use of energy healing. An energy healer attends to the symptoms of distress, such as stress or pain, in a prayerful context, focusing on the flow of body/mind/spirit energy as the client becomes more centered and peaceful. Gentle touch is sometimes part of the process. Energy healing can stimulate relaxation, release trauma, and provide insights for making lifestyle changes.

Our energy healers are trained in a variety of energy therapies, including Reiki, Healing Touch Program™, Quantum Healing, and medical intuition.

Ms. Vanessa Hurst has been practicing energy healing since 1995. Trained in Reiki, Healing Touch, and Quantum Healing, she holds a master's degree in natural health.

Sister Anita Louise Lowe, OSB, is trained in Reiki and integrates Quantum Healing into her energy healing sessions.

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