

DESCRIPTION OF SERVICES

MIND:

Mental Health Counseling

Mental health counseling is counseling provided to individuals and couples by a licensed counselor that helps promote optimum mental and emotional health and wellness using a variety of therapeutic techniques. This counseling aids individuals to deal with issues associated with family, parenting, marital problems, stress management, self-esteem, depression, anxiety, loss, trauma and sexual health concerns.

Hypnotherapy (coming soon)

Hypnotherapy is a form of psychotherapy that uses relaxation, concentration, and intense attention to achieve a heightened state of consciousness or mindfulness. This form of therapy uses the mind to reduce or alleviate a variety of issues, such as psychological distress, phobias, and unhealthy habits.

Eye Movement Desensitization and Reprocessing (EMDR)

Eye Movement Desensitization and Reprocessing (EMDR) is a psychotherapy technique which has been very successful in helping people who suffer from trauma, anxiety, panic, disturbing memories, post-traumatic stress and other emotional problems. EMDR therapy involves the client placing attention to a negative event and an image, belief, and body feeling related to this events. While the client focuses on the event, the therapist will begin sets of side-to-side eye movements, sounds, or taps. The client is guided to notice what comes to mind after each set. As a result of this therapy, clients experience shifts in insight or changes in images, feelings, or beliefs regarding the event. The sets of eye movements, sounds, or taps are repeated until the event becomes less disturbing.

Stress Management

Stress is an automatic physical, mental and emotional response to a challenging event. It's a normal part of everyone's life. When used positively, stress can lead to growth, action and change. But negative, long-term stress can lessen the quality of one's life. Stress management offers a range of strategies to help you better deal with stress to help you lead a more balanced, healthier life.

Mindfulness

Mindfulness is the ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us. Mindfulness can be cultivated through proven techniques, usually while seated, walking, standing, and moving with pauses one can insert into everyday life. It may also be practiced with other activities, such as yoga or sports. When we're mindful, we reduce stress, enhance performance, and gain insight and awareness through observing our own mind.

Meditation

Meditation is a technique for resting the mind and attaining a state of consciousness that fosters clarity, relaxation and focus. During meditation, the practitioner is awake and alert, yet the mind is singularly focused on the internal world, not the external world, or the events taking place. Meditation facilitates a state where the nervous system is balanced, allowing one to achieve inner peace.

Life Coaching

Life coaching helps you reach a goal or make a change in your life. It helps you plan and start taking action in the areas of your life that you wish to change. Life coaches play the roles of motivator, planner, strategist, and accountability partner who guides you to achieve from the planning stage all the way through the execution and follow-up stage of establishing a new direction in your life.

Career Coaching

Career Coaching helps people who feel stuck in a rut in their job, are looking to change jobs/careers, or find work they feel passionate about. Being unemployed or unfulfilled can foster negative emotions, including doubt, low self-esteem, and lack of confidence. Being in a high-stress job with countless demands can also be unhealthy. Career Coaching empowers you to take action in changing your work environment by identifying career goals and provide you with a state-of-the-art resume, LinkedIn profile and optimization, networking plan, and interviewing techniques to better enable you to move forward in your career.

Leadership or Executive Coaching

Leadership or Executive coaching is an individualized process that builds a person's competencies and skills to enhance their performance or promotability. This type of coaching helps leaders or business professionals sharpen their interpersonal, influencing, management, collaboration, and emotional intelligence skills so they may be more effective in their career.

BODY:

Breathwork

Clients will be led through various breathing practices known as pranayama for the purpose of expanding one's life force energy (prana). Breathing techniques, which can be done by anyone, can get you through the tough times in life. These exercises promote increased awareness and control of the breath that create deep physical and psychological changes within. Pranayama can help to slow down thoughts, control the mind and understand the life force energy; ultimately reaching a higher realm of spirituality.

Health Coaching

Health coaching supports the achievement of health goals through lifestyle and behavior modifications. It bridges the gap between medical recommendations and your abilities to successfully implement those recommendations including the areas of nutrition, exercise, stress management, and cultivating a positive attitude. Health coaching uses conversation, clinical interventions and strategies to actively and safely engage clients in health behavior change.

Blessing of the Animals

The blessing of the animals is a service in which people bring their animal companions to a gathering to give thanks for the animals that enrich our lives and share positive healing energy for these companion animals. MBB will also offer acupuncture for our clients and their animals on a quarterly basis along with this blessing service.

Private/Semi-Private Yoga Classes:

The objective of yoga is to create a harmonious balance between the physical body, the vital energy (prana), and the mind. Yoga involves the practice of various physical postures, breath control, and meditation to promote vitality and wellbeing. A private instructor can take the time to focus on you and help you achieve your personal goals. You will get the tools you need to use outside of a class to improve the quality of your life off the mat. Since these classes are tailored to the client, they can be as slow and restorative or as vigorous as desired. There are several reasons people are drawn to private/semi-private yoga classes:

- Difficulty following along in a big class
- Worried about proper alignment and fear of injury
- Lacking confidence to participate in a group class

- Having a specific goal to attain/area to focus on that requires more time than a typical yoga class
- Convenience and efficiency based on what works best for your schedule.

Chair Yoga

Chair Yoga is suitable for students who are unable to participate in a traditional yoga class because of aging, injury, or disability. Chair yoga offers a practical alternative as it increases flexibility, strengthens muscles, and enhances personal body awareness. Students can learn many yoga postures, breathing techniques, and ways of relaxation while using the aid of a chair.

BEYOND:

Chakra Balancing

The chakras are the energy centers in the body. These energy centers can become blocked for various reasons. Blockages can cause physical, emotional, or mental issues. Sessions begin with an evaluation of the client's chakras and a discussion of the effects of any blockages. Specific movements or practices will be offered to help release, open, and balance the chakras which will promote overall vitality and wellness.

Color Assessment and Guidance

Clients are guided to understand why they are attracted to certain colors and how to use colors strategically to make the changes they want in their lives. Through guided imagery, meditation, and intuitive counseling, clients gain a deeper understanding of themselves and how to shift energy patterns in the body and the mind to create harmony.

Community Healing Sessions

Community healing sessions will be conducted monthly to allow all members of the community to participate in individual healing sessions with MBB sponsored practitioners using alternative healing modalities such as Reiki, acupuncture, sound therapy, etc.

Intuitive Life Reading/Counseling

An Intuitive Life reading/counseling allows an empathic intuitive to read a person's energy and sense vibrations directly from one's energy field. The energy detected begins to flow in a series of images, feelings, or inner knowing. This is time with an advisor that provides information that can be helpful to individuals with questions about their health, wealth, purpose, career, relationships, or their spiritual growth. This type of reading can enable one to learn about blockages or negative patterns and can focus on releasing blocked energy, past trauma, working through a current hardship, or understanding one's life path. The overall purpose of a reading is to allow an impartial third party with specialized heightened awareness to help you "see" yourself with more clarity, and gain insights into how to create the life you desire.

Reiki

Reiki is an energy healing treatment that works holistically, on the body, mind and spirit. Reiki uses energy fields to help the body heal itself through the creation of a calm state of mind and relaxation that promotes healing. Reiki taps into life force energy that improves health, enhances personal growth, and the quality of life. It loosens blockages in the body's energy centers or chakras and releases negativity, promotes relaxation, harmony and balance, speeds healing, and reduces pain and anxiety.

Reiki Plus

Reiki Plus clients participate in the healing treatments and become aware that they, as individuals, are attached to, and own, their own healing process. Clients learn to view their blocked energy as a learning tool

and are guided to forgive themselves and others and learn techniques in order to transform their health, their wellness, and their lives.

Reiki Certification I

Reiki Level I initiation and attunement invites you to come into harmony with yourself and unlocks your innate power to heal yourself and others. In this entry-level Reiki training, participants will study Reiki history, learn how to perform self-Reiki, how to give Reiki to someone else (or pets), and are attuned for life to Reiki energy.

Reiki Certification II

Reiki Level II further develops and strengthens Reiki energy mastery. Participants will learn to send Reiki energy using only their eyes, thereby strengthening the magnetic auric field. Using a teddy bear, participants are trained to provide Reiki energy to people across distances effectively, sharing powerful healing energy to others.

RoHun Therapy

Ro Hun Therapy is an in-depth process that accesses the higher regions of the mind and has proven to be a breakthrough in the transpersonal healing of body, mind, and spirit. It is a process of enlightenment and spiritual psychotherapy that allows the individual to remove faulty perceptions of themselves and return to a state of self-love and attunement to the higher self.

Shakti Therapy

These sessions are for those who are seeking healing but are unsure of which therapy they need. They are a great way to determine what therapy you are most drawn to. Sessions are personally tailored based on a client interview to increase vitality, improve mental clarity, and improve overall wellness by unleashing the body's remarkable ability to heal itself. Shakti is the energy, power or force that needs to flow through us, yet remains trapped for most people until awakened. Shakti comprises your physical, emotional, and spiritual well-being. Sessions will focus on releasing blocked energy to facilitate significant reductions of physical ailments, stress and tension using a variety of methods to work of all levels. Depending on the client's needs, this may include physical movements or poses, breathwork, sound healing, meditation, and suggestions for herbal supplements. The goal of Shakti Therapy is to enable each client to unlock their most vibrant, confident, luminous, authentic self.

Sound Healing

Sound vibrations have been shown to heal, soothe and raise consciousness. The vibrations in these sessions help the body to heal itself. Crystal singing bowls, chimes and drums are used to promote serenity and profound peace, create a sense of oneness, raise your frequency, take you to another realm of consciousness and connect you with Source.

Past Life Regression

Past Life Regression is for the purpose of assessing your abilities and healing the traumas that are locked in the unconsciousness. The information received in the past life regression is always pertinent and meaningful for your current life.

Reflective Etheric Healing

Reflective Etheric Healing is a process that uses the reflective nature of the Etheric energy body to bring healing to parts of the body through imagery and Etheric healing. This process requires intentionality of both the healer and client to bring through the necessary healing energy to smooth, repair, and harmonize any

disruption found in the Etheric body. This process re-establishes in the body part function the memory of a perfect healthy state with the requisite birthing energy for the body part function to heal and replace itself.

Blood Cleanse

The Blood Cleanse is an effective healing process that cleanses and purifies the blood, activates healthy, vibrant stem cells and erases memory of disease. The process works to restore health to the physical body and your mental/emotional state of being.

Trance Channel

Trance Channeling is a method of trans-mediumship where Steve allows a spiritual being from the Astral Plane to incorporate his physical body to share spiritual knowledge and insight. The “transmedium” who Steve works with is Arthur Ford, who spent most of his life with a great desire to help others with their spiritual growth as well as know there is life after death. Arthur Ford was also a Trance Channel for most of his life until his time of passing in 1971. Imagine how your life might be different if you had the opportunity to sit down and have your spiritual questions answered from the unique perspective of Arthur Ford.

Mediumship

A medium is a person who uses their psychic abilities to communicate with people who are in the spirit world. Mediums are the mediators between those in the spirit world and those in the living. They provide a three-way communication channel from spirit to medium to recipients. The communicators that a medium connects with can be relatives, friends, guides or someone in spirit who knew someone connected to the recipient and wishes a message passed on to them.