

Kathleen O'Brien, *Turkey Feather Fan*, drawing, 20 x 15", 2014



TRANSFORMATIONAL HEALING

Kathleen O'Brien



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Transformation, as in the natural order of life, is the process of change; change of feelings, beliefs, physical conditions, and attitudes.

Healing is the experience of wholeness, using creativity at the soul level to actively choose new responses to life.

Transformational Healing is the integration of psychic (*that which is of the soul*) and energetic healing that facilitates practical change for positive growth.

All that we are is experienced within our soul's evolutionary journey. Our awareness, abilities, longing, and suffering emerge from this perspective.



Kathleen O'Brien, *Eagle Feather Mountains*, oil with hand ground pigments, 1988

Respecting this, the work cultivates wholeness, empowerment, and karmic resolution.

The intention of the work is to promote a deeper awakening to inherent spiritual connection, personal integrity, creative expression, purposeful action, and self-love.

Through this work, individuals become more conscious spiritual stewards of their own lives.

Concerns, whether spiritual, emotional, or physical, can self-correct and balance when an internal, attentive connection to them is made.

I assist clients in making this connection.

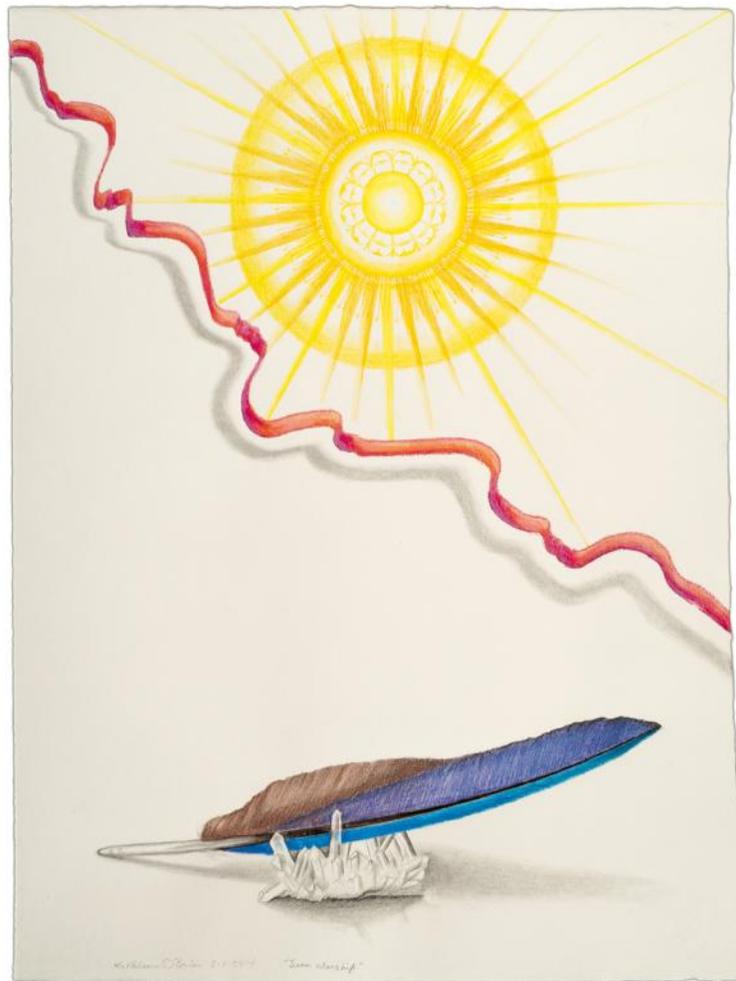


Kathleen O'Brien, *Hawk Prayer Stick*, drawing, 20 x 15", 2014

Feelings, attitudes and beliefs manifest and dwell in the body. Through energy reading and observation, I work with clients to help them recognize and feel this level of awareness.

Emotional processing and belief work combined with energy methods are then utilized to fully activate the transformational process. At times, specific healing techniques, such as Psychic Cord Release Process™ or Past Life Resolution Process™, will be recommended when deep issues need to be resolved.

Careful attention is placed on staying grounded.



Kathleen O'Brien, *Sun Worship*, drawing, 20 x 15", 2014

When healing goals are met, a client enters the integration phase. Integration refers to the active assimilation of the healing process.

Integration will vary for each person but generally involves implementing new behaviors, energetic practices, and emotional understanding learned in the healing sessions.

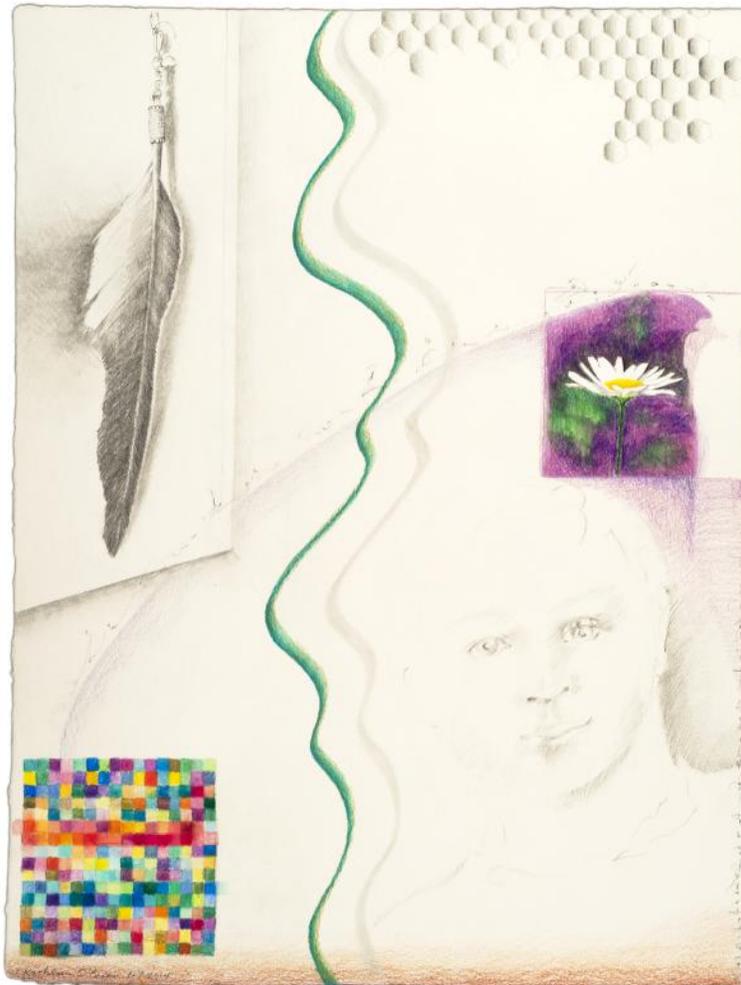
During this stage of work, strategies are discussed and personal work is suggested rather than further sessions.



Kathleen O'Brien, *Here Come the Sun*, collaged drawing, 17 x 14", 2014

Private sessions foster deep levels of transformation by focusing on specific life issues and healing needs such as;

- transforming relationship dynamics, past and present
- chakra healing and energetic strengthening
- healing unresolved trauma
- inner child healing
- past life resolution
- developing self-fulfillment
- inspiring creativity
- expanding personal power
- facilitating life transitions and change
- supporting problematic health conditions with energy practices



Kathleen O'Brien, *New Year Plan*, drawing, 20 x 15", 2014

I trained for 5 years with Elizabeth Frediani, Founder of the Transformational Healing Institute, Boulder, Colorado, and I became a Certified Practitioner in 1991.

Her book, [*Where Body Meets Soul*](#), is an excellent guide for your journey.

I am happy to discuss this work with you, so please don't hesitate to call or write,

Kathleen

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Kathleen O'Brien, *Flicker Prayer Stick*, drawing, 20 x 15", 2014