

Making room for meaning, connection, and care

Energetic healing and spiritual emergence in my psychotherapy practice

Therapy can make room for your thoughts, emotions, body, relationships, and sense of meaning. If spirituality or energetic healing is important to you, we can talk about how it relates to your goals. You do not need spiritual beliefs, a religious identity, or an interest in energy work to benefit from therapy with me.

What I mean by spiritual emergence

Spiritual emergence is a way of describing a process of change in your sense of meaning, identity, connection, or spiritual awareness. You might question familiar beliefs, feel a deeper connection with life, or find that your priorities are shifting. Some people call this awakening. It may unfold gradually or feel sudden, and can bring curiosity, relief, grief, uncertainty, or a mixture of feelings.

This is a framework for exploring experience, not a diagnosis or a label you have to accept. We can stay curious about what is happening without rushing to explain it or deciding that every intense experience has a spiritual cause.

What I mean by “energy”

People use the word energy in different ways. You may mean feeling depleted, tense, open, heavy, or more alive. We can explore these experiences through sensations, emotions, relationships, and the demands of daily life. Others understand energy through a spiritual tradition. We can explore what that understanding means to you, using language that feels familiar and respectful.

How I support integration in therapy

We can make room for your experience while exploring its emotional, bodily, relational, and practical dimensions. Integration means finding ways to live with what has changed: making sense of it, caring for your body, staying connected, and deciding what fits your values. We do not have to force a final explanation or accelerate the process.

Your pace matters. You can explore spiritual emergence without adopting a belief system, giving up other care, or having to prove that your experience is meaningful.

What this can look like

Collaborative, optional, and guided by your therapy goals

A conversation before a practice

We begin by talking about what you hope for and what feels comfortable. Depending on your needs, we might explore meaning and values, gently notice bodily sensations, use an optional image or metaphor, or reflect on a personally meaningful practice. Each possibility needs to fit your preferences, my competence, and the purpose of our work.

For example, you might say, “Since that experience, I don’t feel like the same person.” We could explore what has shifted, listen to the parts of you that feel hopeful or frightened, and identify what helps you stay connected to everyday life. Spiritual language is welcome; everyday language works equally well.

Energetic practices need a separate conversation

Reiki and other energy-healing approaches are complementary practices. Discussing them in therapy does not mean a session automatically includes them. If a specific energetic practice is proposed, we need to clarify what it involves, why it is being considered, possible benefits and discomforts, alternatives, and whether it belongs within psychotherapy or a separate service. You can choose conversation-based therapy instead.

Your consent stays active

You can ask questions, decline a practice, change your mind, or stop at any point. You do not have to close your eyes, focus inward, share beliefs, or have a particular experience. Any proposed touch requires a specific explanation and express consent each time; agreeing to therapy does not mean agreeing to touch. A no-touch alternative should be discussed.

Comfort matters more than completing an exercise

Stillness, imagery, meditation, or attention to the body can sometimes feel uncomfortable or overwhelming. We can slow down, look around the room, talk, move, or return to something familiar. The aim is integration, not creating a more intense or altered state. Feeling overwhelmed is a reason to adjust, not something you must push through.

Clear boundaries support trust

Therapy does not require forgiveness, gratitude, positive thinking, or accepting suffering as a spiritual lesson. Your symptoms are not evidence of low vibration, blocked worthiness, or a failure to heal. Your culture, gender, sexuality, disability, and neurodivergence deserve respect, including where spiritual communities have caused harm.

Somatic IFS

Listening to parts through the body

Somatic IFS: listening to parts through the body

Internal Family Systems (IFS) offers a way to understand different parts of yourself, such as a part that keeps going, one that feels afraid, or one that longs for rest. Somatic IFS brings attention to how these experiences show up through sensation, posture, breath, and movement. Parts are a way of relating to experience; you do not need to picture distinct inner characters.

Susan McConnell's approach describes five practices: somatic awareness, conscious breathing, radical resonance (deeply attuned presence), mindful movement, and attuned touch. We can adapt body awareness to your comfort; touch is optional and needs express consent each time. You can keep your eyes open, stay with conversation, or focus on the room instead.

In a session: You might notice your shoulders tighten when you consider saying no. We could gently explore the part that fears disappointing someone, what it needs, and whether a small movement or boundary feels supportive. Sensations invite curiosity; they do not prove a particular history or meaning.

The five practices in everyday language

Awareness: Notice a sensation with curiosity, without needing to change it. A tight chest or restless legs may be a starting point, not an instruction to push further.

Breath: Notice how breathing feels. You do not need to breathe deeply, hold your breath, or follow a pattern. We can leave breathing alone if focusing on it feels uncomfortable.

Resonance: Make room for feeling understood and accompanied. Together, we pay attention to what feels supportive in the relationship and what needs adjustment.

Movement: Explore a small, comfortable gesture, a change of position, or an impulse to stretch. Movements can be adapted to disability, pain, fatigue, and sensory preferences.

Touch: Discuss whether any touch is wanted, appropriate, and within the therapist's competence. Self-touch, such as resting your own hand on your arm, is also optional. No touch is required.

A gentle question to bring to therapy

"When I notice this sensation, can I feel a little curiosity toward it? Is there a part of me that wants distance, reassurance, or a slower pace?" There is no correct answer, and choosing not to focus on the body is a valid response.

Energy and ancestry

Meaning, connection, and choice

Quantum energy healing: exploring a spiritual framework

“Quantum energy healing” is a term used by some practitioners for approaches involving intention, visualization, consciousness, and a belief in energetic interconnectedness. It is not one standardized method. If this language resonates with you, we can explore what it means to you and how an optional image or intention relates to your therapy goals.

Here, quantum language can be a spiritual framework or metaphor. Quantum physics does not itself establish a mechanism for these healing practices. We can respect personal meaning without treating an interpretation as a medical diagnosis or promising that intention changes physical events.

In a session: Imagining warmth or light might express a wish for care. We could notice what that image brings up, then connect it with a practical act of support. You are not responsible for illness, trauma, or discrimination because of your thoughts, vibration, or energy.

Ancestral healing: relating to what came before you

Ancestral healing can mean exploring family stories, cultural belonging, grief, inherited expectations, and sources of strength. In IFS, “legacy burdens” describes beliefs and emotional patterns understood as passed through families or cultures. Some people also relate to ancestors spiritually; others work with ancestry through history, relationships, or metaphor.

In a session: We might explore “In my family, needing help was unsafe,” honour the survival that shaped this belief, and ask what you want to carry forward. Optional writing, imagery, or a personally meaningful ritual can express remembrance or change. Images are not proof of historical events, recovered memories, or contact with ancestors.

You do not need a complete family history, contact with relatives, or forgiveness to do this work. Cultural practices deserve respect and are not interchangeable; we will not assume a ceremony belongs to your tradition or that spiritual interpretations explain your symptoms.

Your choices and questions

Your spiritual worldview is welcome

You may understand your experiences through energetic healing, intuition, interconnectedness, spiritual awakening, or ideas inspired by quantum theory. You are welcome to bring those beliefs and questions into therapy. We can explore their personal meaning and how they shape your sense of self, relationships, hope, and belonging.

You do not have to set aside your spirituality to receive thoughtful care. We can explore spiritual language and metaphor with curiosity and respect.

When emergence feels overwhelming

Some people use “spiritual emergency” when the process becomes difficult to manage. That wording does not rule out a mental or physical health concern. We can explore meaning while also attending to sleep, distress, medication or substance effects, and your ability to manage daily life. Little or no sleep, severe confusion, or feeling unable to keep yourself safe calls for prompt professional assessment; immediate danger calls for emergency help.

Questions you can bring to a session

- How can therapy support integration of what I am experiencing?
- How does this connect with my beliefs and therapy goals?
- What are the possible discomforts, and what could we do instead?
- Can we keep our work secular or avoid touch and inward-focused exercises?
- Is this psychotherapy or a separate service? How are fees and receipts handled?

A brief reflection - only if you want to

What helps me feel grounded, rested, and connected?

What has changed, and what feels difficult to make sense of?

What support or pace would feel helpful right now?

You can say: “I’m curious, but I want to understand it first.”

“My spiritual beliefs are important to me.” “Can we pause or try something else?”

For more info...

Resources to explore in your own time

These starting points offer different perspectives on spiritual emergence, Reiki, parts work, and self-compassion. Choose what fits your interests and values; there is no required reading or practice.

Inspired Reiki

inspiredreiki.ca

Visit our website to explore Reiki and connect with us.

Canadian Reiki Association

reiki.ca/what-is-reiki/

An introduction to Reiki from a Canadian Reiki practitioner association. Explore its spiritual understanding and language at your own pace.

International Center for Reiki Training

reiki.org/faqs/what-is-reiki

Questions and resources about Reiki, including its history and practice, from a Reiki teaching organization.

Spiritual Emergence Network

spiritualemergence.org/what-is-spiritual-emergence/

An introduction to spiritual emergence and spiritual emergency. The network also describes referral and support options; check availability and location. It is not an emergency service.

Somatic IFS - Susan McConnell

embodiedself.net/about-somatic-ifs

Learn about the body-oriented approach described in this guide.

IFS Institute - Getting Started

ifs-institute.com/getting-started

Learn about Internal Family Systems, an approach that invites curiosity and compassion toward different parts of ourselves.

Chris Germer - Guided Meditations

chrisgermer.com/meditations/

Free guided meditations for mindful self-compassion. Listening and participation are optional; pause or adapt a practice to suit your needs.

For more info...

Continued / Books on spiritual emergence and inclusive spirituality

These optional readings offer different perspectives on spiritual experience. Read them as personal accounts and spiritual frameworks, rather than diagnoses or universal roadmaps. Choose what feels useful to you.

Sacred Gender - Ariana Serpentine

Create Trans and Nonbinary Spiritual Connections

Explores gender-inclusive spirituality through Pagan traditions, with particular attention to trans and nonbinary experience. May interest women and nonbinary people seeking spiritual practices that welcome gender diversity.

[Read the publisher's description](#)

Queering Your Craft - Cassandra Snow

Witchcraft from the Margins

An introduction to witchcraft through queer experience, emphasizing personal agency, chosen family, and inclusive practice. Includes reflective prompts, rituals, and spells for readers interested in Pagan and metaphysical spirituality.

[Read the publisher's description](#)

Kundalini - Gopi Krishna

A Journey to Spiritual Awakening

A first-person account of an experience the author understood as kundalini awakening and his struggle to integrate it. One person's culturally situated story; your experience need not follow the same course.

[Read the publisher's description](#)

The Spiritual Awakening Guide - Mary Mueller Shutan

Kundalini, Psychic Abilities, and the Conditioned Layers of Reality

Explores awakening through the author's framework of personal, family, ancestral, and wider conditioning. Includes spiritual interpretations of kundalini and psychic experiences, which you can reflect on without accepting literally.

[Read the publisher's description](#)

Bring a passage that feels affirming, confusing, or overwhelming. We can explore its meaning and connect it with grounding, identity, relationships, and everyday needs. Check your public library for availability; no purchase or reading is required.

Take what resonates and leave the rest.