

## **Rising Star Has Changed My Life**

*By Sarah Root*

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Rising Star is simple, pure and powerful. It is a relatively new energy healing modality that is rather unique. It helps us move forward in new ways and begin to activate our full potential. By stilling the mind and acting on all levels of our being to shift “old” energies, this type of energy work can bring deep healing and expansion to our lives.

Rising Star Energy Healing is derived from ancient consciousness-raising rites for the elite mystics and it is now made available to everyone. Like all energy work, its results vary depending on the state of our body, mind and spirit at the time; people are on very different paths through life. Some people need to do some clearing and releasing of the old patterns that no longer serve them, before their lives reconfigure in a better way. Others drop directly into feeling splendid. However Rising Star always does help, often at subtle levels below our usual awareness.

Here are two client testimonials that showcase the “go-directly-to-splendid” end of the spectrum.

From S.G.S:

“I anticipated the Rising Star treatment eagerly, as an energy worker who seldom indulges in treatments herself. I recall getting "in the zone" deliciously fast. There was a decided sense of lightness; I seemed to be unconnected to anything physical. I was unsure if my body really was touching the table. I saw swirling, vibrant colors in lovely three-dimensional effects. I felt gentle, warm hands on me, which the practitioner later confirmed were not hers and so I believe they were the hands of my guides or guardians.

“On the everyday level, a persistent toothache that had been plaguing me was gone by the end of the session. More significantly, I was soon afterward able to move beyond my incapacitating dental phobia, and make a long-ignored dental appointment. I had a chance

encounter with a colleague at work who told me about a dentist who specialized in holistically treating dental phobics. He is wonderful!

“I am saving the best till last. I was told prior to the session that Rising Star helped to remove obstacles, to end old counterproductive patterns of behavior. My wish for the treatment was to dissolve any psychic ties to a former husband, so I could be free to get on with my life. Soon after this treatment, I solidified a relationship with a man I am sure I have been with in other lifetimes. What a joy it is to have found my life's partner, a wise, gentle, loving man, who is an energy worker himself. A whole new world has opened up for us! I am so grateful, so happy! Thanks to Rising Star for clearing the way for me!”

From Mona Sen, Occupational Therapist and MS Advocate:

“Many of us feel the need to question life’s gifts even if they are gracefully given to us. A friend and Rising Star Practitioner approached me with this gift offering me something that changed my life in two profound ways, an enormous sense of clarity in thinking and a healthier life because of it.

“The practitioner gently explained the process, which was so relaxing that at one point I drifted off to sleep. I was aware of her presence as well as sounds in my mind and occasional feelings that something inside was moving around which may have been anything but she always gave me some time at the end to reflect on anything I wanted to talk about. She came a total of three times, each time seemed much like the time before but in the end something resonated. The treatment felt like Reiki but more powerful. I could sense the warmth but more was happening. She explained that there were three Masters that were being guided into me so that they could do the work that needed to be done. I listened and understood with no idea what to expect. I lay down allowing for the process to unfold.

“The next day a sense of wellness came over me, one that was more than I had been feeling and frankly given the way things were at the time with being hospitalized twice

with asthma and fatigue from not sleeping, wellness was not something I thought I was capable of! Instead of searching the internet in vain for solutions to my problems, chasing elusive panaceas and hoping I would feel better simply added to the frustrations.

Thinking that food allergies were the issue I started eating very little, weight loss was obvious and frightening. Life after twenty five years of coping with MS, were riddled with bouts of enormous fatigue and mobility issues. But after my third session, my mind seemed more focused, allowing for thoughts that actually led somewhere. Instead of searching for outside answers, I gravitated inward to find a wealth of resources.

“I see this as a big part of the puzzle that was incomplete for so long. Afternoon naps started yielding answers such as diet changes and a clearer approach to my problems. I went about my life but significant others in my daily orbit started noticing changes in attitude and energy. It wasn't that my walking improved drastically or that I was all better, it was a spring in my step and curiosity about the life I was missing because of age old problems. I started eating again, minding a few allergies but not to the point of not eating. A refreshing sense of clarity led me to make profound changes in my life such as adhering to a vein friendly heart healthy diet given new evidence in MS pathology as well as giving up alcohol, which after some time resulted in eliminating toxic medication for asthma. These simple steps have given me a second chance with the ability to pay attention to the beauty in everyday life. Until this point, no outside answers had solved any of the issues ailing me since the answers lay inside me in my body and mind.

“The Rising Star really changed the way I look at life. The things I can do as opposed to things I can't have taken precedence and allow for a healthier person. Negativity has found somewhere else to reside and has little place in my current life. All life's problems that seem insurmountable have brought themselves down to a level where fear rarely shows itself. Something touched my core and shook it gently to allow the emotions to reconfigure themselves and allow for the life I have deserved for years but just didn't know it.”

In the coming months and years Rising Star will doubtless play a large role in helping humanity shift into the new age of higher consciousness that is emerging on Earth. Any healing modality that supports clearing of unwanted patterns and stuck energies, so that we can step into our fullest and most positive potential, will be so welcome. It is said that the best thing we can do right now is stay joyful and positive, and stay attuned to our authentic selves; this counteracts the swirling chaos and fears being cleared from the planet. Rising Star can help!

*For more information on Rising Star sessions and workshops, or to find a practitioner, please visit the SQ Wellness website at [www.sq-wellness.com](http://www.sq-wellness.com). Sarah Root may be reached at 607-353-9833, [Sarah@RadiantAlignment.com](mailto:Sarah@RadiantAlignment.com) or [www.RadiantAlignment.com](http://www.RadiantAlignment.com)*