

## How I Work With People

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I'd like to share with you a little about my healing journey which greatly informs how I work with people in intuitive healing sessions. If you've already listened to one or more of the interviews I've done, I assure you this is not just a repetition of my story. I discuss information here that specifically relates to my work and have never shared during an interview.

My intention in creating this introduction is to help you understand how and why I work the way I do. I'm hoping this will assist you in making an informed decision as to whether we would be a good fit to work together.

As you might know, I've had two near-death experiences: one when I was three months old; and one in 2012. Over the past nine years I've gone to great lengths to understand the after-effects of my second near-death experience. At the time it was very confusing: I did not know what a near death experience was, or that other people had had them; and I had no knowledge of alternative healing, energy constructs, chakras, past lives, belief systems or any other metaphysical or psycho-spiritual terminology.

On my healing journey and search for information it felt like I was in the ditch more than I was on the path, but I can honestly say, I have learned from all of it. And, I've become aware of numerous ways in which people can successfully augment their own healing journey.

I've also accumulated quite a bit of information about what did not work for me. But just because I did not resonate with a philosophy or healing modality, does not mean I disregard their potential value for other people. There are many

methods from which to choose, and I am always happy to share my experiences and recommend other modalities when appropriate.

The after-effects of my NDE were quite overwhelming and all-consuming for the first few years. My lack of knowledge about what I was experiencing is what propelled me on my journey. As I've said before, I had no idea that energy work even existed, and I had never heard the terms spirituality or alternative healing.

It is said that the average person is only aware of about 1% of our reality. After my NDE I was certainly aware of much more than I ever was before. It was as if all 8 psychic senses were activated, over-lapping and turned up to maximum efficiency.

Most of what I saw, heard, and felt had to do with organic life. I was suddenly aware of the energies of all living things.

Not only could I see multiple colors, symbols and energy systems in people's bodies and energy fields, but I knew things I certainly would not have any way of knowing.

And, although I did not understand it for quite a while, I could hear the energy of things that had been said or traumatic events trapped in other people's nervous systems and subconscious.

For some time I thought I was hearing multiple voices, and although I can hear the voices of others telepathically, I became aware that hearing and feeling energy in the form of patterns, beliefs and prior events or trauma was an altogether different ability.

It is also said that humans are experiencing a time of great transition right now. Some call it ascension, others a physical and spiritual evolution. Interestingly, what is widely theorized is that we are developing our psychic abilities on a mass scale. Soon, some believe, no one will be able to hide their traumas and unresolved energies as everyone will be able to see, sense and feel them in others.

It seems that, overnight, I was instantly propelled into what seemed to be a much greater level of awareness. Unfortunately, with no context or instruction manual included.

I never set out on a journey to be what some refer to as a healer. Consciously, none of what I experienced on my journey was calculated or intentional. I simply wanted to live, heal myself and understand what was happening to me.

Had I anticipated the complexities, how much time and money I would spend, how long I would be away from my husband and animals, I can't honestly say whether I would have chosen this path. It has certainly been fraught with frustration, but I believe it has been worth it. And along the way I received much more than I ever bargained for.

It took me some years to learn about the human energy construct. It sounds simple when I say it like that, as if there is only one human energy construct. Over time I discovered that various spiritual philosophies and healing modalities recognize different energetic constructs and that each individual human may be affected by one or more of them depending on our soul's history.

Because of this I've had quite a unique opportunity to study many different healing modalities and work with several well-respected teachers, people who have dedicated a lifetime to understanding one single philosophy or modality.

I've never been called to practice or limit myself to one specific healing modality. As I studied or became certified in one another modality or energy system was revealed to me, and off I went on another adventure. I was always on a quest to understanding the next thing I saw, heard, or felt.

My journey and education has not been limited to esoteric spiritual philosophies. I have also taken advantage of various psychotherapy modalities as well to overcome my own complex PTSD. I've personally had numerous sessions of: Transpersonal Therapy, Compassionate Inquiry, EMDR, Brainspotting, Applied Kinesiology, Tapping, Somatic Emotional Release Therapy, and The Callahan Thought Field Technique Methods, just to name a few.

From an Energy Medicine perspective I've studied: Quantum Healing, Body Talk, Psych-K, Investigating Health, Theta Healing, The H.E.A.L. Technique, Holistic Healing, Reiki, Healing Touch, Access Consciousness, The Emotion Code, The Body Code, and The Soul Code, as well as Pranic Medicine, Shiatsu and Traditional Chinese Medicine.

I have also benefitted from a wide range of lifestyle changes, altered my diet and have used reflexology, salt float/sensory deprivation chambers, various breathing techniques, mindfulness techniques, meditation, Qi Gong, Yoga and so on.

One of the many ways I've learned that my exposure to these various modalities can benefit someone is often by giving them a brief explanation as to how they work and how they might relate to various religious or spiritual philosophies.

As we all know by now, embarking on a healing journey can be overwhelming when there are so many choices and so much conflicting information out there. It can also save a lot of time and money in the long run.

In my opinion we should never rely on the esoteric or energy work alone. Incorporating lifestyle and mindset changes is critical to improving our overall wellbeing. To that end, I've listed many books in the Resource section of my website that have helped me tremendously on my journey.

It is not wrong, of course, to get a reading from a psychic or medium to validate our intuition or provide additional insights. I am considered a psychic and medium, but there is a difference between simply reading someone's energy field and facilitating healing.

I have received many readings over the years and the information received was almost always interesting, but almost never facilitated or promoted healing. I've become fond of saying, "Information is not evolution." How we choose to use the information is very important. And, in my experience, we should not substitute messages from others for our own internal mechanisms of discernment.

I've met many Shamans who do not necessarily recommend seeking guidance from a psychic or medium. Almost all Shamans operate differently, but generally, their position is that psychics retrieve information from the field of probability that exists within each of us.

Our field of probability is based on our current unresolved patterns, traumas and beliefs and represents the majority of our current thoughts, feelings, behavior and potential experiences. There is another much more refined field, that of possibility, which exists for all of us.

The field of possibility is very subtle and much more difficult to tap into. I have heard Shamans say that it can be described as the 1% chance we all have to shift our focus, create new potential, and alter our destiny. Clearing our field of

probability and tapping into our greatest potential is the essence of my intuitive work.

This work, in various forms, has been very powerful for me. It has helped me to shift my perspective and clear the path to focusing on what I wish to create and bring into my experience. Whereas in the past my patterns only allowed me to focus on validating what had gone wrong, thus recreating that experience again and again.

Watching people shift and bring positive changes into their lives is why I choose to help people clear away patterns, blocks and limitations to their own heart, which I believe is the gateway to our soul, true unconditional love and the source of our healing potential.

We are all unique, infinite beings and we all have different experiences, education, patterns, etc. That is why I never rely on protocols in my work. My intention is that whatever your soul's priority is will come through. And we won't know what to focus on until the session starts.

If you feel called to work with me, I invite you to give yourself permission to heal. If you haven't already done so, I suggest you take the opportunity to make that clear to your consciousness. Go into your heart space and state the following, at least daily, and add whatever you wish:

"I give myself permission to heal."

"I give myself permission to release everything I no longer need."

"I give myself permission to release all distortion."

Ask your soul to begin sending you messages in an appropriate way whether it be through dreams, songs, books or direct messages. Ask for your attention to

brought to what is most beneficial for you to resolve, such as patterns that can be cleared, or relationships where forgiveness is necessary.

Depending on what comes up in a session I will happily share the many tools I have learned that facilitate clearing limiting beliefs, identifying and clearing contracts with others, clearing cellular memory and psycho spiritual energies of trauma from the body, clearing trapped emotions attached to memories, and so on.

No single healer, shaman or medium can know everything in a given moment and tomorrow your energy will most likely reveal another layer of different patterns and wounds to be released. It is said that healing is a process not a singular event, and that is absolutely my experience.

I look forward to working with you and wish you well on your healing journey!