



My Healing Path

By Sue Betts

My life's journey has been about healing. For over 16 years I have been in recovery for addiction.

In 2001, I checked into an out-patient treatment facility for 30 days. Through group therapy and attending AA support meetings, I learned to trust in a power greater than myself. This started me on the path of self-discovery and healing. Understanding I needed more, I went back to school and studied the healing arts of western modalities and eastern therapies. It was important for me to understand the body's interruptions of thoughts and feelings and how it affected my

actions. I learned that the 5 senses we articulate through touch, sound, smell, taste and sight are how we perceive and manifest our world. We learn patterns through our life and create our perception of how we see the world. In the science of epigenetics it's been found that it's the perception of your environment that controls your genes. You're not a victim of your genes because you're the one who can change your environment—or, more importantly, change your perception of your environment—and thus change your response to it.

In my disease, I could not see that I had a choice to change. I thought

this was the way it was going to be. That is, until I learned that it was how I perceived the information (energy) and learned about the eastern mythology. Both which helped me discover I could change (evolve)

my health and mind.

The first class I took was Reiki: a Japanese healing technique used for stress reduction and to promote relaxation. I learned how the meridian and chakra system connects our physical body to vibrational alignment. As an enthusiastic learner I began to understand the connections I'd lost.

On my journey of learning, I have studied and graduated from the following programs:

2004-2006 Practitioner of Healing Arts, Massage Therapist, Thai Therapist, TuiNa Therapist; Owner and Therapist of Prana Healing Center, Lanesboro-MN

2007-2010 ongoing studies with the shaman cultures of Peruvian Oero – Inca Healing and, the Hawaiian Kahuna – Harry Uhane Jim with the teaching of Dr. Hank Wesselman and, North America Healing practices; Practitioner of Energy Healing Arts –Reiki Teacher/ Master - advanced energy healing; Soul Mentoring – Mentor others and myself through nature and ancient teachings

The three directives of a spiritual warrior



LOVE WITH HUMILITY



LIVE WITH REVERENCE



KNOW WITH SELF-DISCIPLINE

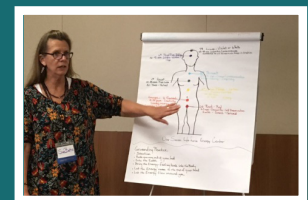


ENERGY BODY UNIQUE CONNECTION

MARCH 10; 8AM-5PM

Explore the energetic field that encases your body. This energy called bio-energy or chi, is responsible for life as it fulfills your subtle energy needs. Vortexes, called chakras, exist within our body.

REGISTRATION FEE: \$95, includes \$20 materials fee for book and supplies.



Sacred space is when we make a conscious shift from our busy thoughts to sharing and letting go.

2007-2015 Clinical Supervisor – Mentor and Teacher of Business Ethic and Energy programs

2013-2015 Ayurveda Wellness Practitioner

2017 Yoga for Recovery with Dugra Leela and Recovery Coaching with Minnesota Recovery Connection

2018 Owner and Teacher of Root River Recovery

As a result of my educational experiences I have developed a blend of modern therapies in combination with eastern philosophies. My integrated approach to treating pain is to focus on healing by identifying disconnects that exist between spirit, mind and body.

I will be shifting into another path of teaching; Re-connecting and healing the emotional link of today's dis-ease. **Root River Recovery** is about creating a safe environment and experiencing the

healing process. I will be creating and teaching workshops for Creating Sacred Space, Addiction, Meditation, Our Energy Body and Recovery Coaching. A recovery coach is a professional sober life coach. This is someone who guides and supports a person in recovery from addiction and helps prevent relapses. The goal of a recovery coach is to be actively involved in the life of a recovering addict in order to prevent a relapse from happening.

Throughout the ages, spiritual leaders have shared rituals, practices and specific points to heal bodies. We now live in a time where modern science acknowledges the wisdom of the ancients in a manner that honors both the old and the new.

Healing is a journey. Sometimes we need help. In our search, intention and action can be used to create and manifest our own healing environment.

CREATING SACRED SPACE

JULY 17; 8AM-5PM

Sacred space is an alignment of intentions and actions. Creating a safe environment through grounding exercise, living mandala, meditation and prayer bundles to invoke your intention with the universe.

REGISTRATION FEE: \$100, includes \$25 materials fee.

OTHER CLASSES OFFERED AT THE SKILLS SCHOOL

MINDFULNESS FOR LIFE

Learn how to become aware of the present moment, and acknowledge and accept one's feelings, thoughts and senses.

AYURVEDA DAILY SELF CARE

This Introductory class teaches the concepts of the doshas and the qualities they represent. The second expands on the importance of self-care in daily/weekly routines.