

## At Home with Esoteric Energy Healing

# A Profile of Laurie Akerros



Photo by Carol Karr

By Mary Runser

Already you may be asking, what is Esoteric Energy Healing, exactly? It was my first question as well, and it proved to be a good starting point for Laurie Akerros to explain this method of healing within which she works. First of all, we have to realize that not only are we all flesh and bone physical beings, but we are also spiritual and energy beings at the same time. Laurie explained, “Really, we’re an energetic matrix that has a physical form, but the core of who we *really* are is energetic in nature. Each of us is comprised of several different subtle bodies of energy.”

“We have a physical-etheric body, which is roughly the same size and shape as the physical form, and is concerned with the functioning of the organs and systems. The astral body is our emotional self, the part of us that has to do with how we process on an emotional level. We have a mental body, which is the arena of our mind and how we think about things. Our Soul travels with us from lifetime to lifetime, and is of a higher vibrational essence than our personality self. Finally, we each have higher spiritual bodies, which are even higher in energetic vibration than the Soul. So, every person on the planet has all of these subtle bodies that make up who they are — and yet, the majority of us identify most often with only the physical form.”

While we may identify mainly with the physical body, oftentimes we are not really in tune with it. Laurie explained that because she works energetically, she can sense when someone isn’t living in their physical body completely. Also, when she meets with a new client, she will ask what brought them to her or why they are seeking this type of healing work. Sometimes the situations with which clients are dealing are horrifying, and when she asks them how they are, the common answer is: “‘Oh, fine.’ You know; the traditional ‘FINE’ answer.” (“Fine” can be an unconscious acronym for: Freaked Out, Insecure, Neurotic, and Emotional.)

What this tells Laurie is that the individual may not be fully present in their physical body and not fully in touch with their emotions. Digging deeper still, she will ask: “If on a scale from one to ten, ten represents being fully present in your body, and one represents being off on the moon somewhere, where are you on that scale?” Most often, she says, “The answer will be around a four or a five, meaning that people are really only half in their bodies at any given time, and sometimes even less so.”

Then there are many people who are disconnected from their emotional body. “Most people don’t really relate, in relevant ways, to their emotions,” Laurie explained. “In this North American culture, emotions— for whatever reason— are considered weak by many people, or you’re considered to be out of control when you feel your emotions. Yet, we’re given these emotions by the Creator, as part of our basic equipment with

which to navigate life on the Earth plane. When we feel our emotions, we gather a lot of information about how we are experiencing our world. Our emotions are signals, meant to get our attention and relay important information.”

For example, “It is helpful if one realizes they are suddenly feeling fear. Realizing what we are feeling offers important feedback. Now, we need to use our mental body along with our emotional body to decide what to do: leave, run, I need to change something about this situation because I am feeling afraid.” Laurie stresses, “Living only from the mind or only from the emotional self is a little like taking a shower with only the hot OR the cold water. The ideal is to blend and integrate both the emotional and mental bodies, a personality integration that then sets the stage for the Soul to begin to drive the bus.” When we neglect to integrate all of our aspects, we become splintered or dissociated from those parts, which severely hampers our ability to learn and grow through life’s lessons.

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Prior to finding Esoteric Energy Healing, Laurie worked in the adult male psychotic ward of Kalamazoo State Hospital while earning her degree in psychology from Western Michigan University. After graduating, she worked at Detroit Baptist Children’s home with emotionally disturbed boys, and also at Dearborn’s Community Crisis Center, but she found, at the end of the day that “not only were these positions stressful, but I didn’t feel content with my work or peaceful in my own heart. The people that I worked with in these positions were in deep suffering, and I began to question whether working in this field was really right for me. And I had not yet begun my own deep inner work.”

Laurie decided to take some time off to travel and even lived on Prince Edward Island for a time. When she returned to South Redford, where she had always lived, she took a position as a permanent substitute teacher in the Detroit Public Schools. Eventually she married, quit teaching, and she and her husband owned several Skyline Kite Shops and moved to Florida. “I wasn’t satisfied in retail, our marriage was stressed, and I sought out a good therapist to help me look at what I needed to do in my life to bring a significant change.”

Beginning to do her own inner work changed the direction of her life completely. She made the decision to divorce, and the healing arts were still calling to her. In 1984, while still living in Florida, she decided to go to the Florida School of Massage and Natural Health in Gainesville to become a licensed massage therapist, “and to work holistically with people who wanted to feel better and improve their quality of life.”

Upon graduating from massage school, Laurie did some travelling with the casts of *Cats* and *Phantom of the Opera* as the massage therapist for the troupes. “Eventually,” she said, “I just became more interested in the energy aspect of healing, rather than just chasing things around in the physical body. That led me to study Cranial Sacral Therapy and finally, Esoteric Energy Healing, where I seem to have found my home.”

Laurie took her first Esoteric Healing class at the recommendation of a good friend. Years before, Laurie had been in a bad car accident and had a residual and continual case of vertigo, which was extremely uncomfortable. She had gone to doctor after doctor, seeking healing and relief from the consistent dizziness, to no avail. However, during the Esoteric Healing class, the instructor worked with her and she was completely amazed to find that years of dizziness disappeared after a short Esoteric Healing treatment.

“That was it!” Laurie said, “I was hooked. I took every class I could, and eventually decided to become not only a practitioner, but a teacher with the International Network of Esoteric Healing. I wanted to devote the rest of my life to teaching this powerful work. It is the most complete healing tool that I know of, because it addresses all aspects of who we are as human beings.” The beauty of working within this particular form of healing is that Laurie can use all of her skills and her educational training as part of the process.

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How does Esoteric Energy Healing work? As Laurie explained it, when we find ourselves in this dissociative pattern that was described earlier, we are like an old telephone switchboard with all of its wires unplugged. Laurie's job or, more accurately, hers and her client's, is "to plug those wires back into the right places so that 'inter-office' communication is possible between the various aspects of our selves." In other words, Esoteric Energy Healing has the potential to increase communication between the emotions and the mind, and between the personality and the Soul, which gives a tremendous boost to the overall healing of an individual, and optimally quickens our spiritual growth.

"It's really a bit like being a detective. I use my intuition, and I listen to what people tell me, and then set about finding the areas of energetic restriction within their auric field." When she performs a treatment, she assesses and treats the chakras, the organs, the systems of the etheric body, and all of the aspects of the subtle body energies: the emotional, mental, Soul, and spiritual.

Laurie accomplishes this by following another major precept of the work: *Energy follows thought*. So, if someone comes in thinking they have a hip problem, she evaluates them energetically at the physical level, moves to the emotional and mental levels, and finally, into their higher spiritual levels. If she can sense a block in the flow of energy in any particular aspect, she focuses her intention on reducing or eliminating that block, and increasing energy flow, thus opening that aspect to greater wellness and healing.

Laurie was nice enough to give me a "demonstration" treatment to provide me with a firsthand idea of how it works. Admittedly, I was somewhat skeptical because she had already told me that it was not a hands-on kind of treatment, but was energy focused. I sat down on the sofa while she sat in a chair across the room from me and told me to relax as best I could, and then took a few moments to center herself and her thoughts. Then Laurie asked me some questions about things that were currently going on



Laurie demonstrating how healing energy can be manipulated.

Photo by Sarah Nealey

in my life. I related that I was emotionally unsettled about several issues, not sure which way to go with them. She became very quiet. I leaned my head back and closed my eyes, though my mind was still going at least a mile a minute, as it usually does, with no sign of slowing down any time soon.

I'm not sure how long I sat there like that before suddenly realizing that my mind was no longer racing along its usual paths, but was rather calm and quiet. I hadn't fallen asleep, but I was relaxed and very much at ease in that moment. I opened my eyes and saw Laurie making some gestures with her hands, as though she were clearing something out or making something bigger. After watching her for a few minutes, I closed my eyes again. Sometime later in the session, I had this feeling of immensity, as though life was much larger than I had realized. I was very much aware of myself as a physical being, but I was also much more aware of things around me than I normally am.

Before I knew it, she was telling me to take a deep breath, and when I was ready, I could open my eyes. At the time I had no idea how much time had passed, but it had taken about an hour. Afterward, we spent several minutes talking about the session, the things she worked on, and how I felt. She said that she had done some grounding work with me, and that I may experience a feeling of heaviness or feeling more connected to the earth throughout the day. Laurie noted that I am very mentally oriented, and so the grounding would balance me and help me deal with the issues that were on my mind.

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And I did notice that I felt more tethered to the ground, or maybe it was more that I was noticing that sensation. But that feeling of immensity and the largeness of life also stayed with me for several days afterward. I also felt more relaxed and at ease with life in general, and this calmness seemed to make my emotional questions easier to deal with. I could certainly understand how this particular healing modality could be beneficial to the inner healing and wholeness that we all need.

"Even though I do this work, and have been working holistically for thirty years now," Laurie said, "I don't consider myself to be the healer. The real healer is the client who comes to me; I am just the hammer or the chisel, one of the tools that they use along their path to healing." Laurie said.

Anyone can learn Esoteric Healing. The core curriculum is taught in four parts over a few years. It is a science, not merely sending good intentions or wishes for healing. Students are taught to align and attune, how to palpate energy, and to focus their attention and intentions to create optimal conditions for healing.

In addition, students and practitioners are encouraged to have a regular meditation practice to aid them in maintaining a centered balance while treating others. Working in this type of healing brings the practitioner into contact and interaction with all different kinds of energy, emotions, and feelings, so clearing one's own mind and energy field becomes a very important part of the practice. "I don't do this work full time," Laurie said, "I purposely only work part time, so I have the time to devote to doing my own work, and taking the time I need to be in nature and other things that bring me to a quieter and more centered state of awareness and being-ness."

Laurie has been teaching Esoteric Healing classes for the last 11 years throughout the United States and Canada. She has a vacation home near Sarasota, Florida, and has taught a number of classes there. Currently, she is working on plans to teach an Esoteric Healing class in Giverny, France, in the small village where Claude Monet's flower gardens were located. When she is not teaching, she has a healing practice in northeast Ann Arbor, working with clients who want a deeper level of healing in their lives: physically, emotionally, mentally, and spiritually. She also works with clients who suffer with chronic illnesses, such as muscular sclerosis and autism.

Laurie said that she could be called a "wounded healer" because she came to this practice out of her own need for healing, as many people do. "As I've continued to find my way through my own healing journey, I've been able to pull together a great 'tool chest' of techniques and methods for people to use as they do their work. As both a practitioner and a teacher of this work, I can tell you that it's really quite miraculous to see the changes in people, even after just a few sessions. It is such a sacred honor to walk with people for a portion of their journey."

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Laurie Akerros' *Esoteric Healing* classes are listed in the Calendar section, in the 'Energy Healing' section. Her *Introduction to Bach Flower Remedies* class can be found in the 'Flower Essences' section.

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