

Ruth's

Healing

Arts

*L. Ruth Minnis,*

*LMT*



I am a Level IV Practitioner of The McKay Method® and currently enrolled in the graduate program of The McKay Method School of Energy Healing in Bozeman, MT. I am also a licensed Massage Therapist and graduate of the Utah College of Massage Therapy Master Bodyworker Program; class of May 2008. I started my journey with Energy healing in 2001 after my second son was born. In search of answers to my own health issues, I was led to The Academy of Life Management in Salt Lake City, Utah; which is owned and operated by Gwyneth McNeil, where I had my first experience with Energy Healing modalities. There I was trained and attuned to Level I & II Reiki Practitioner. Travelling to California in 2002 to visit my mother, who had recently had her leg amputated due to complications from a botched pedicure at her podiatrist's office, I offered a Reiki treatment to her and she had a profound experience of relief that had not occurred even with medication since the infection began. This event led me to explore energy healing more in depth. I was so impressed by Reiki that I went on to receive my Reiki Master Attunement. In 2002, Denise Silvernail of Healing Hearts Studio came into my life and had a huge influence on my career choices. She became my healer, mentor and close friend; inspiring me to pursue Massage and Bodywork. As a newly Licensed Massage Therapist, I received a plethora of flyers in the mail for my continuing education opportunities. One flyer in particular came year after year and every time I received it I felt something tug on my heart. Finally, in February of 2013, I answered that still small voice and responded to the flyer and went to hear Bear McKay talk about her School of Energy Healing. I was privileged to be the person Bear used to demonstrate to the rest of the class some of her techniques. I had fallen on my tailbone twice the prior winter and had excruciating pain in my low back whenever I sat down. Bear addressed the issue without my telling her anything about the pain or event that led to the pain. As a result of her work that day, I was immediately relieved and ultimately healed! When that talk and demonstration was through, I knew I had to enroll no matter the cost; it was time to learn from this Amazing Soul!

*"I am very grateful to be a part of this program. The McKay Method has given me tools and techniques that are effective in addressing not only human physiology but the unique energy patterns that develop over a lifetime. I'm especially thankful for the results my clients and I are enjoying as I employ these tools and techniques."*

Ruth practices in person in Bountiful, Utah and offers Distance sessions over the phone.

\$40/hour

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