

Mary Ann Nicholas

April 2014

The McKay Method Graduate Student Profile

My energy school experience began when my two daughters and I took the Foundation's Classes together a few years ago-the beginning of a journey I couldn't have anticipated way back then! My friend and healer Jean Fitzgerald encouraged me to enroll in Bear's school and suggested that the process of self awareness would be profound. She knew what she was taking about and more. The Foundations Classes led me to the Advanced Class and since I couldn't get enough I began the Graduate Program. Energy work, the people I have met and the influence it has had in so many aspects of my life I could not have anticipated when I began this process.



The McKay Method has impacted my life and brought together threads of numerous deep interests I am drawn to from health to my spiritual walk to my interest and love of animals and the landscape. Energy work for me folds in such an expanse of ideas and practices, from Tom Dorrance and his unique insight into equine and human behaviour to the metaphysical perspective of New Thought. I have come to believe there is a power and presence in the Universe that responds to us completely, perfectly and which operates for us by operating through us. For me, Energy Healing is a way to manifest that information through the techniques developed by Bear and taught in her school and melded with these other truths. To paraphrase Bear McKay, energy healing is "working with energy patterns to effect physical, emotional and psychological change." We can all learn to develop skills and expand our knowledge to manifest healing.

I look forward to the unfolding of my journey and the place energy work will play in my journey.

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\$40/session ~\$100/3 sessions