

The Balanced Soul
Energy healing, massage, foot zone therapy



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I am so excited to be in the McKay Method School of Energy Healing graduate program. I had no idea the healing and transformation I would experience when I started the program. Every day I use something that I have learned in the program both with my clients and in my personal life. The McKay Method has added so many new tools to my practice. I am always surprised at how each session is unique and customized for the person I am working with.

Distance healing is fast becoming one of my favorite techniques. I am amazed at the effectiveness of the work, without the client being present in the same place as the healer.

I began my healing journey in 1991, after being diagnosed with Multiple Sclerosis. When I asked my doctor what I could do to get better, he said, "Avoid stress!" Until that moment, I had no clue how my emotional, mental and physical stress had been effecting my body. I began looking for anything that might assist me to feel better and bring balance back into my life. I have been symptom free for many years. I have had a profound shift in my life since beginning the McKay Method School of Energy Healing. In seeking ways to improve my health, I discovered I have a passion to assist others who desire to reduce stress and create a healthy balance in their life.

I have my own practice, The Balanced Soul, in Tooele Utah. I am a LMT & certified Foot Zone Therapist. I am currently completing my certification for The McKay Method School of Energy Healing, and Simply Healed.

My husband and children are a great support system for me. I am blessed to be a Nana to three awesome grandsons, who give me reason to laugh every day. When I have spare time I enjoy sewing, crocheting, reading, taking walks and going for rides in the mountains.

Where ever you are on your healing journey, I believe you will find the McKay Method to be a valuable modality that will assist you in achieving your goals. I am working with clients for a discounted price of \$40 per session while I am earning my certification.