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The McKay Method® Graduate Project  
August 2, 2015

## **Self-Care: Using The McKay Method® Energy Healing Techniques as a Primary Tool for Self-Healing**

### **Why do a Project on Self-Care?**

When talking with a couple of The McKay Method® graduates, they asked about whether I had decided on the topic for my The McKay Method® graduate project. Out of the blue, from somewhere in myself as yet unidentified, my topic came rolling off my tongue, “I am going to do my project on self-care.”

At the moment of revelation I did not know why self-care had come bubbling up to the surface of my consciousness. It certainly is not because I am very good at taking care of myself. As my partner of twenty-one years has exclaimed, “You are terrible at self-care!” This is true. It has taken me many years to understand and practice self-care. But something that I had forgotten was also true. The reason I first entered the energy healing world in the 1970s was to work on myself. I entered a program at the Healing Light Center in Los Angeles because I had some serious back issues, needed some relief, and was not getting it from the well meaning doctors and chiropractors I had seen. At the Healing Light Center, from my teachers Billie Hammond (later Rayla) and Roslyn Bruyere, I learned that the body could heal itself. So, by doing energy healing work with Billie and other healers at the Healing Light Center I set my body on an energy healing course of recovery from my back injuries.

In addition to knowing that the body can heal itself, I was meeting energy healers, both teachers and students, at the Healing Light Center who were doing work that inspired me. Helen Rosenstock, my fellow classmate at the Healing Light Center and later my friend and mentor showed me that not only could a healer work on clients but that an energy healer could also work on themselves. The healing model at this time was to go to someone else for healing which included seeing doctors, energy healers, massage therapists, chiropractors, acupuncturists, herbalists, etc. My friend Helen showed me that one could learn to work effectively on one’s self by using energy healing.

Over the many years that I knew Helen (she passed away in 2014) she told me some amazing stories. One was that once when she was traveling she was in a serious car accident. Helen was taken to the hospital. She asked the doctor to leave her alone for an hour. Helen worked on her injuries and then walked out of the hospital after the hour. This was amazing to me and has always stuck in my mind.

Even before Helen took classes at the Healing Light Center, she was already a terrific energy healer. Helen had the “gift” from birth. When I began studying energy healing I assumed that one had to have the “gift” to be a good energy healer. However, at the Healing Light Center I was learning that one could become an energy healer without having the “gift” from birth. I was learning that everyone was intuitive. One could learn to awaken one’s intuition and to sense into a body and become an effective energy healer. I thought that I was one of those healers: one that was re-awakening the natural healing ability in all of us and not the one with the “gift”. Because I thought I did not have the “gift” I also felt that I would not be able to work effectively on myself. The “gifted” were surely the only ones that could do that. My incorrect thinking and lack of confidence held me back from feeling that I could also learn to use energy healing as a tool for my self-care.

When self-care arrived as an idea for my graduate project I was excited to finally experiment with working on myself. At first I thought my project would be focused on all of the practices that I was presently using for self-healing: meditation, tai chi, Pangu Shengong, chi gung, essential oils, herbs, spiritual practices, massage, seeing energy healing practitioners, western medicine practitioners, etc. But, when my present energy healing teacher, Bear McKay, gave the OK on my self-care graduate project idea she immediately asked me to tell her my top five The McKay Method® techniques that I use for self-care. The McKay Method® energy healing techniques are what I have been studying for the past four and a half years. Quite honestly, in that moment, I had no idea. My answer was none. I had never thought about using The McKay Method® techniques on myself except for a little Blue Goo now and then or an occasional Hara Alignment. I thought self-care was all my other healing modalities and techniques including those that require going to a practitioner. The McKay Method® techniques were for working on other people.

I also realized that I really did not have a good definition of self-care, one that I resonated with. Now, I thought, would be a good time to define self-care and to get some clarity on what self-care means for me.

### **What is Self-Care?**

I like to start by first looking at traditional reference materials when I am searching for a definition. For self-care I looked at a dictionary definition and Wikipedia. I also included definitions from sources where energy healing is the primary practice. Some of the authors use “self-care” and others use “self-healing”. Barbara Brennan uses both terms. The following are a few definitions of self-care/self-healing that I found useful.

In 1988 Webster’s New World Dictionary-Third College Edition does not have a definition for self-care. For self and care the dictionary states:

Self: 1. The identity, character, or essential qualities of any person or thing. 2. One's own person as distinct from all others.

Care: 1. Something to watch over or attend to; a responsibility. 2. To feel concern or interest.<sup>1</sup>

Modern day *Wikipedia* does have a definition for self-care. Here, the definition of self-care is connected to the health care industry. "In Health Care, self-care is any necessary human regulatory function which is under individual control, deliberate, and self-initiated. Self-care is learned, purposeful, and is continuous". The self-care definition goes on to add an element that relates to philosophy: "In philosophy, self-care refers to the care and cultivation of self in a comprehensive sense, focusing in particular on the soul and the knowledge of self".<sup>2</sup> For me, putting both a definition for self-care from a health care perspective and a definition from philosophy together offers a more inclusive definition.

Elizabeth Frediani in her book *Where Body Meets Soul* has a definition of energetic self-care. "Energetic self-care is a process of reinstating and/or maintaining wholeness - a reaching inward to a deeper experience of body connection, emotional awareness, sensory awakening, and soul recognition".<sup>3</sup> I like this definition. It encompasses all aspects of a person and creates a healthy, harmonious unity.

Jack Angelo in *Hands-on Healing* uses the term self-healing rather than self-care. "Self-healing is the direction of healing energies towards your own condition, whether that is physical, emotional, mental or spiritual. But at a deeper level it involves a total commitment to aligning your personality with the Higher Self. In doing so, you are made aware of what needs to be healed".<sup>4</sup> Mr. Angelo brings in the participation of a Higher Self to his definition.

Alice D. Domar uses the term "self-nurture" in her book *In Self-Nurture: Learning to Care for Yourself as Effectively as You Care for Everyone Else*. This book, which specifically speaks to women, states, "What women need is to learn how to nurture themselves". "Self-nurture also means taking care of ourselves in our relationships with significant others, family members, friends". "It is the height of self-nurture to carve out time with loved ones solely to confide, 'catch up,' or enjoy an artistic or utterly frivolous

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<sup>1</sup> Victoria Neufeldt and David b. Guralnik eds, *Webster's New World Dictionary: of American English*. (Cleveland & New York: Webster's New World, 1988) 1217, 212.

<sup>2</sup> Wikipedia, [https://en.wikipedia.org/wiki/Self\\_care](https://en.wikipedia.org/wiki/Self_care)

<sup>3</sup> Elizabeth Frediani, *Where Body Meets Soul: Subtle Energy Healing Practices for Physical and Spiritual Self-care*. (Langley, WA: Singing Mountain Publishing Alliance, 2008) 10.

<sup>4</sup> Jack Angelo, *Hands-On Healing: A Practical Guide to Channeling Your Healing Energies*. (Rochester, VT: Healing Arts Press, 1994) 137.

event with each other”.<sup>5</sup> I would like to suggest while the focus for this definition is women, as they often are primary care-givers in their families and communities, this definition can also apply equally to men. In our rapidly changing societal roles, men are also caregivers and put the care of others before themselves.

Finally, I want to add Barbara Brennan’s voice. In Hands of Light: A Guide to Healing Through the Human Energy Field she states at the beginning of the book “...self-healing means self-transformation”. In the chapter that focuses on self-care and self-healing Brennan says, “The most important thing to learn about your health is how to maintain it”. She offers 3 principles; 1) Maintain a deep connection to yourself and your purpose in this life, both on the personal level and the world level 2) Understanding what health and healing means to you and for you 3) Attending to yourself and taking care of yourself”. And finally, she says, “to take good care of yourself you need a daily routine that includes meditation, exercise, good food, good hygiene, the right amount of rest for you when it is needed, the right clothes, home, pleasure, personal challenge, intimacy, and friends”.<sup>6</sup> Brennan’s book offers many energy-healing techniques that are not referenced in the chapter on self-care.

Graduates of The McKay Method® School of Energy Healing offered some insightful thoughts about self-care. Here are a few:

Self-care is a big picture issue that relates to balance. Self-care is easier to maintain when I am in balance. If I have established good habits I will have something to fall back on when I am out of balance.  
*Stephanie Hull, The McKay Method® Graduate 2008*

Self-care is a process. It’s a loving act towards ourselves and therefore essential for our overall health and wellbeing.  
*Justine Gibb, The McKay Method® Graduate 2013*

It is very important for people to take time for themselves in some way shape or form.  
*Tamara Leach, The McKay Method® Graduate 2008*

Self-care is integral with healing or becoming whole.  
*Maria Sloan, The McKay Method® Graduate 2014*

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<sup>5</sup> Alice D. Domar, Self-Nurture: Learning to Care for Yourself As Effectively As You Care for Everyone Else. (New York: Penguin Books, 2000) 3, 11-12, 20.

<sup>6</sup> Barbara Ann Brennan, Hands of Light: A Guide to Healing Through the Human Energy Field. (New York: Bantam Books, 1987) 9, 265.

## **My Self-Care Journey**

I used many healing modalities in the years before I was diagnosed with breast cancer, but I did not label what I was doing self-care. I am pretty sure I never used the term self-care, as taking care of myself was not something I ever thought about. For example I looked at my meditation and spiritual practices, nutrition choices, and my interest in energy healing as what I loved to do, not as a means of self-care. All my various practices made me feel good, gave me new information that stimulated my curiosity about the universe and reality, offered a connection and a way in to my spiritual self, grounded me, and brought me clarity when I asked for it. But because I did not consciously choose to care for myself I was not doing any of the above as self-care.

In the late 1970's after seeking out energy healing as a means to help my severe lower back issues I began to study energy healing. Shortly after beginning my studies at the Healing Light Center I began to connect the practices I was learning to some of the issues that were coming up for me at the time. When we learned about the chakra system I realized that some of the distress held in my lower back connected to my emotional and spiritual body. I learned that my physical body was helped when I worked at a deeper energetic, emotional, and spiritual level. However, even though I changed the way I danced and taught dance (my career at the time) I never actually stopped working and rested. That would have been self-care.

It had been twenty-four years since I studied energy healing at the Healing Light Center when I was diagnosed with breast cancer. I was going to a wonderful energy healer at the time and he suggested that I go to western doctors to take care of the tumor and that I continue with energy work to keep my body strong and healthy during the treatment. I also sought out a traditional Chinese Medical Doctor, Michael Broffman, who treated me during surgery, chemotherapy, and radiation. He prescribed herbs and supplements to help the chemo do its job. I did very well with the western approach in conjunction with regular energy healings and traditional Chinese medicine.

When radiation therapy was complete I was put on adjuvant hormonal therapy "tamoxifen". I went back to Michael Broffman for a consultation and asked him "what do I do next?" We had completed all of the supplements and herbs that he had prescribed. Michael said, "What do *you* want to do now?" He told me about other practices people in my position do: going to foreign countries where they use drugs not allowed in the United States, doing yoga every day, once a week, or once a year, going on a two week silent retreat once a year, becoming macro-biotic, taking low doses of chemotherapy the rest of your life, practicing meditation, doing nothing, going on vacation, taking supplements, taking art classes, going back to school, becoming vegan, and so on. Michael said, "At the end of the day you want to go to bed knowing that you did your best to take care of your health that day".

This was the most profound and important conversation about my life that I had ever had with anyone. I felt completely overwhelmed and unprepared as well as scared that I would choose the wrong thing and get sick again. This was the first time I deeply thought about myself in regards to my total well-being. I finally recognized that I would greatly benefit by making the healing practices I already do as well as other practices into a comprehensive program of self-care. I understood that for me to be healthy I had to make health and living a healthy lifestyle a priority. This was the beginning of my self-care journey.

So what is my definition of self-care? Self-care is a conscious decision to put my physical, emotional, spiritual, and mental health and well-being first when making all life decisions from the very smallest choice to the greatest life changing moments. This includes among others all my relationships, where I live, work, and play, what I eat and my nutrition, my work and my financial health, my creative life, my community, my fun and rest, and my goals, dreams, and desires. When I consciously put my well-being first my life moves forward and deeper towards wholeness.

### **The Scope of the Project**

There are many healing modalities. These include energy healing, western medicine, alternative medicine, integrative medicine, nutrition, essential oils, yoga, Ayurvedic medicine, homeopathy, traditional Chinese medicine, shamanism, and Science of Mind, to name only a few.

I have always wanted to use energy healing techniques as a reliable self-care practice for myself. The scope of my self-care project is narrow; to discover whether I can use The McKay Method® energy healing techniques as self-care. I have been using The McKay Method® energy healing techniques on clients over the past four and a half years while in The McKay Method® School of Energy Healing. Now I want to use them on myself.

My graduate project is both an experiment and a discussion. The experiment is to see if I can use The McKay Method® energy healing techniques as self-care, a means for self-healing. Throughout the Foundation and Advanced classes there was no class section dedicated to self-care. When I asked Bear McKay whether we could use the techniques on ourselves I received a positive response. It seems obvious that one could use the techniques on oneself but how, and would it be as effective as when one received an in person or distance energy healing session from The McKay Method® practitioner? Are some techniques easier to use than others? These questions and others became the basis for the experiment.

The discussion is with The McKay Method® graduates. I began the project by sending a brief survey to all graduate students and graduates of the program asking them a few simple questions. (Please see Appendix A: Self-Care Survey). The survey asked about the use of The McKay Method® techniques for self-healing as well as the use of other

healing techniques and modalities for self-care. I wanted to see if anyone used The McKay Method® techniques for self-care and if so, which ones. Additionally, I wanted to know if they used other techniques and if yes, what were the other self-healing techniques that they used in addition to or instead of The McKay Method® techniques.

The project details the top The McKay Method® techniques that I use on myself with the techniques that graduate students and graduates use. I also did both *targeted* and *maintenance* energy-healing sessions with write-ups on myself using The McKay Method® techniques. A chart was compiled of all notes and thoughts from The McKay Method® practitioners.

### **My Self-Care Energy Healing Sessions Using The McKay Method® Techniques**

At first, I did not know how I was going to do a session on myself. My idea was to duplicate the way I did a session for a client. Not wanting to lie down on my table, I decided that I would sit in a chair and use a *distance* energy healing session as my model. I replicated a *distance* healing session with myself being both the *practitioner* and the *client*. I used this model some of the time. Other times I just started working. I found that I could do energy healing work on myself when I was walking, lying in bed going to sleep or waking up, sitting in a dentist's chair, etc. If I was moving, I did need to stop, focus, sense in and then work. Remembering to stop and give myself the required time to both *be* and *do* as much as I needed to do the work was necessary.

I played with two ways of sensing into myself. One way, was to sense in to a projected image of myself (the image was three-dimensional) in front of me as if I were looking at a client. Often, but not always, I would see myself lying down. I would then use this image to do the energy healing work. Seeing myself in front of me clearly suggests that I am the subject of the energy healing session. It provides a little space between me the healer and me the client. I found that there can be a little more objectivity working this way and therefore it could be a little easier to address any issues that may arise.

The second way of working is to sense/feel into my body directly. Sometimes, if it feels right, I will put my hand over the area I am working on. If I am doing the Heart/Liver Alliance I may put one hand over my heart and the other over my liver as I am working. I often use my hands in chakra work: holding them lightly over the chakra and feeling the energy moving from one chakra to the next. I also do Chakra Mechanics at each chakra. For most of the techniques I sensed in directly; when I wasn't getting enough information I would change the way I was working and project my image in front of me and then sense in.

When I designed the project I intended to do a set of *maintenance* self-care sessions. A *maintenance* self-care session is doing the same comprehensive energy healing work on myself that I would do for a client in my studio. I anticipated that a session would be about thirty to forty-five minutes. I would sense in to myself, start at my feet and go on

from there. But instead, rather spontaneously, my first sessions were using The McKay Method® techniques to do *targeted* (working on myself as needed) sessions. In a *targeted* session I had a need - for example, having trouble getting to sleep - and used The Wrap to help me go to sleep. It has been my experience that both *maintenance* and *targeted* sessions provide beneficial results. In the end I decided to include all of the sessions in this report.

What are the differences, benefits, and challenges for *maintenance* and *targeted* sessions? In a *maintenance* session I did a full self-healing session on myself. It is exciting to go in and work on all parts of myself. When working this way I gained information from all the systems I sensed into that day. I especially like doing Soul Dialog. There are many ways I speak with my soul and each one gives me a different kind of information. Using The McKay Method® technique of Soul Dialog shows me an aspect of myself that I don't see when I ask the angels, or use divination cards, or even by just talking to my soul. I often get information from images when I do Soul Dialog. When I use other means, the information usually comes to me in the form of words. The images are often surprising and I like that.

I also discovered that *maintenance* sessions could be tiring to do. In order to not deplete myself, I decided to take my time doing the work. The work took a lot of concentration and focus. When I was finished I gave myself time to eat and rest. With practice I will gain more strength; a new skill is being developed that is similar to working on a client, but also different.

When something has triggered a need for energy healing work I find the best and most expedient way to facilitate a beneficial result is a *targeted* session. The downside to the targeted approach is that I am not checking my overall energy and health. The focus is just on what is needed at the time.

*Targeted* sessions are shorter and may often bring immediate relief. I don't experience the tiredness I found doing comprehensive *maintenance* sessions. In a *targeted* session, if the issue doesn't immediately improve I come back at a later time and try a different approach. But having said that, I think there is great benefit for me to have regular self-care energy healing *maintenance* sessions. Working regularly on myself keeps me focused on maintaining a healthy energetic body and it provides an ongoing time to check in with my soul through Soul Dialog. I can work regularly on Structure, Hara Alignment, Chakra Mechanics and Adrenal Unhook as well as other techniques. Regular comprehensive energetic *tune-ups* are very helpful, as I have a tendency to ignore my discomfort and to focus more on taking care of other people.

### **My The McKay Method® Energy Healing Sessions**

For each of the following sessions, I took notes and then wrote them up in the same way I write them up for a client.



### **Targeted Session - January 29, 2015**

#### Hara Alignment

#### Chakra Mechanics

First - Used structure. Energy level strengthened.

Second – Used matrix. This opened my central midline.

Third – Noticed that the back chakra is opening.

Fourth – Used structure. Shape was thin and became fuller as I sensed in.

Fifth – Both front and back Chakras opened.

Sixth – Chakra is fine.

Seventh – Open and fine.

### **Targeted Session - January 30, 2015**

#### The Wrap

#### Adrenal Unhook

There were connections between the adrenals and glands with the right side having stronger connections than the left side. The connections dissolved.

Found the pineal as a beautiful open space with connections to the hypothalamus and the pituitary.

#### Matrix and Branching

Used Matrix on my big toe metatarsal joint as well as Branching. It felt like it made some difference to the enlarged joint but only a very slight difference.

### **Maintenance Session - February 5, 2015**

#### Hara Alignment

#### Chakra Mechanics

First – Energy and shape OK.

Second – Energy is low.

Third – Front is OK. Back has low energy and is very close to my body.

Fourth – Energy is OK

Fifth – Both front and back energy levels are low. I moved energy from the fourth to the fifth.

Sixth – Energy is OK.

Seventh – Sensed that the energy flow is narrow. I used a very tiny bit of Matrix at the pineal.

#### The Wrap

While wrapping I noticed that my sacrum turned to the right and turned up. I opened my hips and SI Joints as I did The Wrap.

#### Wavy Fingers

Used Wavy Fingers to open up the muscles in my upper and middle back.

#### Soul Dialog

It looked like me with long hair, relaxed, sitting and listening.

#### Aura

It seemed that my Aura was very extended. I brought my Aura in to a manageable size.

#### **Targeted Session - February 6, 2015**

#### The Wrap

My hip and sacrum were pulled to the right. There was only a little light energy on my left side. I opened up my hips and SI Joints as well as completing The Wrap.

#### Coherent Field

I intended to drop into the Coherent Field and felt aligned with what I sense as the energy grid of the Coherent Field: quiet, silent, supported, aligned within a spatial energy grid.

#### Soul Dialog

I sensed a big hug to me from myself.

#### **Maintenance Session - April 2, 2015**

I followed Priest and Gardener Characterology healing approaches.

I did a *maintenance* session and found that it was more difficult and tiring than doing a session that was *targeted*. I alternated between using my hands (similar to doing a distance session for someone else) projecting an image of me in front of me to work on and going into my physical/energetic body just as it was sitting in the chair.

#### Foot Chakra

The right foot is pulsing strong and the left foot is not. They are not pulsing together. I used Structure and added some etheric energy lines (Etheric Alignment and Repair) to my left leg and inside my left leg. After adding the etheric lines the energy flow felt stronger on my left side.

#### Chakra Mechanics

First – Chakra was long and thin – low energy.

Second – Chakra is fine.

Third – Chakra is short and has medium energy. I sensed that the energy is ragged. The back chakra has low energy.

Fourth – Chakra is fine.

Fifth – For this chakra I put my hand up to the chakra (similar to doing the Foundation Class Chelation). I felt a little pain so I stopped. Not sure what caused the pain.

Sixth and Seventh - They are fine.

#### Pelvis/Sacrum/SI Joints

My left hip is tight. My Sacrum is pulled up to the right. I opened my SI Joints which I sensed created space for the organs above the sacrum.

#### Digestive System

Moved my stomach down with Stomach Pull Down.

#### Liver Cleanse

I sensed fear in my liver.

#### Heart/Liver Alliance

The heart and liver connected.

#### Wavy Fingers

I used Wavy Fingers on my back near my neck.

#### Soul Dialog

I got a big hug and my soul stayed with me and held my hand.

#### Occipital and Diaphragm

Did releasing and cleared both using Wavy Fingers and Matrix.

#### Myelin Sheath

Used Myelin Sheath through out my nervous system.

#### Sphenoid

OK

#### Adrenal Unhook

There were connections that dissolved. Both adrenals and ovaries needed plumping.

### **Targeted Session - April 13, 2015**

I had oral surgery on April 8.

#### Blue Goo

I used Blue Goo on my entire mouth and jaw. I had been doing this since the surgery.

#### Structure

I used Structure on my jaw. It began to move into proper alignment but did not align completely.

#### Blue Goo Pack

I also put a Blue Goo Pack on my jaw to reduce the swelling, bruising and pain and left it on.

### **Maintenance Session - April 16, 2015**

#### Soul Dialog

Happy today. My soul came right up to my face - Happy to have made a connection with people today.

#### Foot Chakra

I sensed dense energy on the right foot. The left foot had weak energy. I added lines of Structure to the left side.

#### Chakra Mechanics

First – The chakra had low energy. I boosted the energy a little.

Second – Weak energy but OK.

Third – Weak energy in the back chakra.

Fourth – Flat, wide and close to my body in the front. The energy felt very held in – not moving very much. I sensed a lot of sadness in both the front and back chakras.

Fifth – Both front and back chakras had low energy.

Sixth and seventh – Both are OK.

#### Fine Mesh Screen

I pulled out excess and no longer useful anesthetics and antibiotics from the oral surgery by pulling a very Fine Mesh Screen through my head and through my body. My intention was to collect the used medications and then send it out my body through my feet. I did this two times. On the third time I used a very Fine gold Mesh Screen.

#### Structure

I used Structure on my mouth and jaw. This time my jaw felt much lighter when I finished.

#### Myelin Sheath

I used Myelin Sheath on my nervous system through out my body.

#### Blue Goo

I used more Blue Goo on my mouth, jaws and gums.

#### Coherent Field

I intended my whole self suspended in the Coherent Field.

#### Soul Dialog

I received the message to just “keep on”.

#### Hara Alignment/Soul Expansion/Aura

I did all this.

#### Guides

I had help from guides and Helen.

### **Maintenance Session - April 30, 2015**

#### Foot Chakra

Sensed medium energy

#### The Wrap

I did The Wrap and it relaxed my body. I was sitting up and I wanted to lie down and go to sleep after The Wrap.

#### Soul Dialog

I was 30 years younger with long hair. I looked fresh and was dancing.

#### SI Joints

I opened my SI Joints. The left side was more closed than the right side.

#### Plumped Discs

The top part of the bottom thoracic disc was pulled out of alignment.

#### Gold Spinal Wrap

Continued to work on my spine and discs with the Gold Spinal Wrap.

#### Adrenal Unhook

Both adrenal glands seemed very tired and needed plumping and brought into present time.

#### Chakra Mechanics

My chakras had medium energy. I moved energy from the fourth to the fifth chakra.

#### Coherent Field

I intended to place myself in the Coherent Field.

#### Wavy fingers

I used Wavy Fingers on my left inner thigh and hip muscles. The muscles were very tight.

#### Myelin Sheath

I worked on my nerves with the Myelin Sheath.

#### Align Hara/Soul Expansion/ Aura/Unhook

I did all of this to finish the session.

### **Targeted Session - May 3, 2015**

I was having trouble falling asleep.

#### The Wrap

I used The Wrap to help me fall asleep. I was asleep before I completed The Wrap.

### **Targeted Session - May 5, 2015**

I was at the dentist having work done. I had the idea to set an intention to use the following techniques. I hoped the techniques, after I set them in motion, would keep working, as my mind was going everywhere while the dentist was working. I could not keep a sustained effort for long.

#### Hara Alignment

To ground me

#### The Wrap

To relax me and integrate and relieve the stress in my body

#### Blue Goo/Blue goo Pack

To help with pain and keep swelling down

### **Targeted Session - June 5, 2015**

I woke up with a stomachache around 6:30 am. My first thought was to put Young Living Peppermint Oil on my stomach. The second thought was - no – I will use The McKay Method® techniques. At 8:25 am I was at my tai chi class and I noticed that my stomachache was gone. I felt fine and never felt ill again that day.

Hara Alignment

Digestive System

Sensed into my digestive system and noticed some blocks. I did Blocks and Ins

Sensed some dark, stringy substances and removed them.

Used Blue Goo.

Used Contraction and Expansion on small intestines

Encouraged large intestines to function

### **Targeted Session - June 24, 2015**

I woke up very early in the morning. It was already very hot in our house. I was uncomfortably hot and feeling panicky. First I thought I would use The Wrap to get back to sleep but then I decided to use Heart/Liver Alliance.

Heart/Liver Alliance

I put one hand on my heart and sensed in. My heart seemed OK.

I put my other hand on my liver and sensed in. I started to calm down.

The energy moved from the heart to the liver, and the liver to the heart.

I went back to sleep.

### **Use of The McKay Method® Techniques by The McKay Method® Graduates**

John Gibb told me that after receiving my survey with the self-care questions he decided to experiment by doing self-care using The McKay Method® techniques. He was surprised with what happened. John began to feel his body and experience results from using the techniques. He had not felt his body when other The McKay Method® healers worked on him. After working on himself for a little while he began to understand that both The McKay Method® techniques and the fact that he was taking time to slow down and be still in his body were producing the favorable results. Here is just a small passage from his statement. (Please See Appendix B: Self-Care from Graduate John Gibb)

“Since I hadn’t felt much in my body when people worked on me in the past, maybe this was because I wasn’t acknowledging I had an internal body or because I was asleep (my preferred way of enjoying sessions), I assumed nothing would be different. I am not sure exactly why, but working on myself began to give noticeable results.”

*John Gibb, The McKay Method® Graduate 2014*

The chart below shows a number of similarities and differences between my list and the graduates' list of The McKay Method® energy healing techniques, most used. There were thirteen techniques that the graduates and I used; the graduates used nine additional techniques that I did not use, and I used nine techniques that they did not use. There are a total of thirty-one energy healing techniques that came up in the survey. Some of the graduates included having an energy healing session with a The McKay Method® practitioner as part of their self-care. I know I get great benefit from having a session.

Some of the techniques that are on The McKay Method® menu are missing from this list. Does this mean that we are mostly doing what I call *targeted* sessions and already know what is going on with our bodies? Or are people using other techniques to sense in and see what is going on?

Some techniques may not lend themselves to self-work. These include Cording, Helping Souls Transition at death, and the DNA technique. Are these techniques effective if the client and the healer are one in the same? And, I know that in some Tibetan Buddhist traditions one can train to be completely aware at the time of death and do specific practices to help with one's own transition. The McKay Method® Helping Souls Transition technique may come to us in the same way as the Buddhist practice can. In any event, while you may be able to do a technique for yourself, it is an important part of self-care to receive support from others.

### The McKay Method® Techniques Used for Self-Care

Techniques – Mary Jane	Ranking	Techniques – McKay Method Graduates	Ranking
Soul Dialogue The Wrap	First	Hara Alignment	First
Chakra Mechanics/Communication Hara Alignment	Second	Blue Goo Chakra Mechanics Structure	Second
Adrenal Unhook Blue Goo/Blue Goo Pack Coherent Energy Field Foot Chakra/Chelation Myelin Sheath Wavy Fingers	Third	Adrenal Unhook Boundary Work/Contracting Field The Wrap Wavy Fingers/Matrix/Scoop/Combing	Third
Aura/Boundary Work/Combing Heart/Liver Alliance Pelvis/Sacrum/SI Joint Structure	Fourth	Energy Work/The McKay Method® Healers The Work	Fourth
Gold Spinal Wrap Guides Liver Cleanse Matrix/Branching Mesh Screen Occipital/Diaphragm Release Plump Discs Sphenoid Stomach Pull Down	Fifth	Being Blocks/Ins Characterology Figure 8's Guidance/Journeying Headache Technique Liver Cleanse Oxygen Soul Dialogue Spinal Wrap Plump Discs Zap	Fifth

Information in this chart came from eleven The McKay Method® graduates and myself for a total of twelve people who returned information on the Self-Care Survey. Mary Jane's list of techniques came from her energy healing self-care sessions and the survey. Ranking for Mary Jane's list is based on the number of times a technique was used. The graduate ranking is based on the most number of people using the technique.

### Other Self-Care Practices

I have practiced many self-care modalities that are not listed here. The ones that I am actively working with now are: meditation, tai chi, physical therapy, western medicine/dentistry, spiritual practices, and products such as essential oils and homeopathy. Some of the self-care practices that I am engaging with at this time are timely, necessary, and proactive. Other practices are supporting my desire to go deeper, be present, de-stress and stay grounded as I traverse my geographic, cultural, emotional, spiritual, and community landscape.

Meditation is an everyday practice. I have learned a number of ways to meditate but have been using one practice consistently every day for a number of years – Centering



Prayer. There is no goal in Centering Prayer other than to be present. There is no outcome to work towards or a right or wrong way to do it. I use other meditation techniques including a number of Buddhist and Jewish meditations in addition to Centering Prayer. Some of these ask that you connect to your heart or have a mindfulness focus. I also use guided /visualizing meditations when working on my chakras and overall balancing of my body.

My movement practice is tai chi. I loved tai chi from the moment I was introduced to it in 1969 and continue to practice tai chi now. I also do some tai chi at home and have been known to practice in my mind in a stressful situation – for example in the dentist’s chair. Tai chi is more than a movement practice. It is a way of thinking, feeling, sensing, breathing, grounding, living in balance, noting the changes in every moment, and experiencing that all energy interacts with others and the natural world. I see tai chi as the moving component of my energy healing practice.

The use of healing products is a beneficial tool for self-care. Essential oils are a tool to aid physical, emotional, and spiritual well-being. At this time I use a few Young Living essential oils for specific purposes. Arnica, a homeopathic remedy, is most beneficial for healing bruises on the body and from surgery. In addition to energy healing, Arnica was my remedy of choice for healing from oral surgery this year.

I participate in spiritual practices including Judaism and Tibetan Buddhism. I love and benefit from reading spiritual texts and being a part of a community where I learn from both modern and ancient wisdom traditions.

My self-care needs include western medicine and dentistry. Over this last year I have had extensive dental work done. I have also decided to do physical therapy to address an old foot injury that has created problems with the way I walk and use my feet. My self-care is to prevent the physical issues from getting worse and to correct what can be corrected. Adding energy healing techniques support the western medicine and provide a better outcome.

The graduates of The McKay Method® School of Energy Healing listed many wonderful practices on the survey. (Please see Appendix D: Other Self Care Practices Chart) This list represents the healing modalities that the graduates are currently using. It is ranked from most used to least used. Meditation, essential oils, massage, energy healing, and yoga are the top five other self-care practices.

Meditation, yoga, tai chi, and spiritual practices are healing modalities. When done daily these practices are an integral part of a person’s life. Other activities from our daily life can also be highly beneficial to our well-being. Sitting on the beach, getting plenty of sleep, and hiking are just a few. We all want to find what relaxes, renews, refreshes, inspires, heals, stretches our boundaries, calms us, and provides a way into our deepest selves.

## **Closing Thoughts**

My project was an experiment and a discussion. It was an experiment to see if I could intentionally engage in my own self-care through the use of The McKay Method® techniques.

It was a discussion with The McKay Method® graduates on whether or how they use the techniques on themselves. I gratefully appreciate The McKay Method® graduates who answered my survey questions with great care and interest. And, I am deeply thankful for Bear McKay who without her there would be no The McKay Method® energy healing techniques to use for self-care or for caring for others. I have learned so much from Bear's guidance. Thank you!

Self-care is an ongoing, never ending process of self-awareness, self-love, and self-nurturing. The self-care path includes self-discipline, self-acceptance, self-knowledge, self-work as well as compassion for one's self and a large dose of laughter and fun. It is not an easy path for many of us. We don't want to recognize that we are vulnerable or hurt, or not invincible. We love to think we are Superheroes everyone of us! Well we are Superheroes with loving, compassionate, nurturing hearts towards others. My wish is that we will also turn our love, knowledge, and desire to heal towards ourselves.

Appendix A

**Survey to The McKay Method® Graduates**

Hello The McKay Method® Graduates,

My name is Mary Jane Eisenberg and I am in the final graduate year of The McKay Method® School of Energy Healing. My graduate project topic is self – care. It would be very helpful to me if you could take a few moments to answer a couple of questions about self - care. Please email your response to me by February 18 at: [maryjane112@yahoo.com](mailto:maryjane112@yahoo.com).

I greatly appreciate your participation. Thank you!

Name:

Characterology:

Do you use The McKay Method® techniques for your self-care?

Yes:

No:

If yes - What top 5 The McKay Method® techniques do you use?

- 1.
- 2.
- 3.
- 4.
- 5.

If you use means other than The McKay Method® techniques for your self – care please list your top 5 choices.

- 1.
- 2.
- 3.
- 4.
- 5.

Do you recommend self-care to your energy healing clients?

Yes:

No:

If yes – what do you find that you most often recommend?

Is there anything you would like to add about self-care?

## Appendix B

### **Another Personal Experience with Self-Care from Graduate John Gibb**

I hadn't ever worked on myself more than doing Blue Goo on a bump or bruise or the occasional The Wrap when trying to fall or go back to sleep.

After receiving the project survey from Mary Jane, I gave the matter some thought and tried a few more techniques over the next several months. I was pleasantly surprised with the results.

Since I hadn't felt much in my body when people worked on me in the past, maybe this was because I wasn't acknowledging I had an internal body or because I was asleep (my preferred way of enjoying sessions), I assumed nothing would be different. I am not sure exactly why, but working on myself began to give noticeable results.

I started checking my intestinal tract as I was having some digestive issues. I was using Wavy Fingers to move some things along and found that I could feel things moving. Happy with my success with this technique I began to experiment with some other techniques. Myelin Sheath was next because I was tense and a little worn out from life's little challenges at the time. I noticed that it helped, but initially, I wasn't sure if it was the technique or just the fact that I was actually taking time to slow down and be still in my body. After several attempts over the span of a few weeks I realized that it is the technique as well as the slowing down and being.

I have tried working with several of the other techniques and I am getting similar results. Now that I am actually taking the time to sense in and *Be* with my own body, I am feeling the inside of my body more than I had in the past. I understand that this whole process takes time and that each new breakthrough leads to the next and so on. The more I learn the more I will learn. And I also know that we all learn at our own pace; I am proceeding at just the right pace for myself.

Perhaps the biggest change has happened in just the last two months. I have been working with breathing in and out through my Chakras during my meditations. My Chakras have never been on my radar before and I am excited to begin Chakra Mechanics on myself.

My thanks go out to Bear for these wonderful techniques and to Mary Jane and her project for reintroducing the idea of self-care using these The McKay Method® techniques.

Appendix C Thirty-One The McKay Method® Techniques Used by Graduates and Mary Jane for Self-Care	Frequencies and Techniques used in Many Parts of the Body	Techniques Affecting the Entire Body's Energy	Techniques for Specific Areas of the Body
Adrenal Unhook			X
Being		X	
Blocks/Ins	X		
Blue Goo/Blue Goo Pack	X		
Boundary Work/Contracting Field/Combing		X	
Chakra Mechanics/Communication		X	
Characterology		X	
Coherent Energy Field		X	
Energy Work from McKay Method Healers		X	
Figure 8s	X		
Foot Chakra/Chelation		X	
Gold Spinal Wrap			X
Guidance/Journeying		X	
Hara Alignment		X	
Headache Technique			X
Heart/Liver Alliance		X	
Liver Cleanse			X
Mesh Screen	X	X	
Myelin Sheath			X
Occipital/Diaphragm Release			X
Oxygen		X	
Pelvis/Sacrum/SI Joint			X
Plump Discs			X
Soul Dialogue		X	
Sphenoid			X
Stomach Pull Down			X
Structure	X		
The Work		X	
The Wrap		X	
Wavy Fingers/Matrix/Branching/Scoop	X		
Zap	X		

Appendix D

**Other Self-Care Practices**

<b>Self-Care</b>	<b>Ranking</b>
Meditation	First
Essential Oils Massage	Second
Energy Healing Yoga	Third
Chiropractor Exercise Homeopathy/Arnica Moving in Nature/hiking Music/Art/Creative Expression Sleep Tai Chi/Chi Gung/Pangu Shengong	Fourth
Acupuncture Appreciation Journal Ayurvedic Herbs Guides and Angels Counseling Cranial Sacral Dancing Good Color Hairstylist Grounding Exercises Hanna Somatics Ice Lemon Water/Ginger Tea Lights Naturopath Nutrition Pendulum/Energy Techniques Perelandra Flower Essences Physical Therapy Radiance Energy Healing Reading/Exploring New Ideas Reflexology Segment Intention Shamanic Ritual Sit on the Beach Spiritual Practices The Work/Byron Katie Time Outs: Baths>Showers Western Medicine/Dental Work	Fifth

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