

## *Senté Energy Work Sessions*

Senté Energy Work is a powerful personal growth technique, which combines energetic communication, and energy body adjustment to create optimum energetic health.

Sente energy work removes unneeded records of negative life experience stored in the energy body, supports the basic energetic systems and is used to re-program models, beliefs, and values that prevent or diminish a centered, relaxed engagement and presence in daily life.

The term "Senté" can be roughly interpreted as the hand that becomes one with what it touches.

### **Eligibility for Treatment**

Senté is usually made available to clients after a three to six month period of study. Readings are a required prerequisite. Senté energy work is not available to the general public, and Paul and Patty grant access to Senté energy work at their sole discretion.

### **Session Structure**

Paul's Energy Work sessions normally last approximately 60 minutes. All of Paul's sessions are done by telephone. Patty offers 90 minute energy work sessions by telephone after clients have had their initial three sessions series with Paul.

At least 30 minutes should be allocated after a session for relaxation and adjustment. Serious or stressful functions should be avoided during the hours after sessions.

### **Series Requirements**

Recipients normally embark on an initial series of three phone sessions with Paul booked approximately one week apart. Subsequent sessions after the initial series may be booked with Paul or Patty. Although the initial series usually creates dramatic, permanent structural change, most people find they

enjoy and benefit from subsequent sessions one to three times a year to continue to change other deep layers or to support them through stressful personal times.

## **Protocol**

After an initial short discussion with the practitioner, the client is a quiet recipient-most people feel relaxed and comfortable throughout the session.

Energy Body Adjustment: A Senté energy work session is designed to coax the energetic, non-physical body to its healthiest possible form. The desired form is determined by comparing the recipient's system to an ideal energy body model, one which meets the need to 1) store energy, 2) release energetic records of the past, and 3) exist free of the intent of others. Energetic records of past experience and emotion are shifted or released and the client's awareness becomes "center" based.

The energy body adjustment is similar to chiropractic adjustment of the physical body- several sessions are required to allow new habits of carrying energy to lock in, but after this is achieved the benefits of Senté are often permanent.

## **Information Gathering and Sharing Of Self.**

Information relating to past, present, and future conditions of the recipient may be reported. The person undergoing treatment feels seen deeply and without judgment. The recipient experiences a sense of acceptance and deep connection without demand.

## **Message Work.**

The subconscious of the recipient often reveals to the practitioner messages which it has craved but not received (or received in distorted forms) during various developmental stages of his or her life. These usually involve unconditional love and acceptance. The practitioner can offer these messages to the recipient, through energetic communication, and carefully modulated speech. This method of sending messages to the subconscious is effective for two reasons; 1) the skin does not have a 'censor' that modifies or negates basic

ego messages, and 2) any message received simultaneously via two or more 'channels' is internalized with exceptional power.

### **Physical Health.**

Clues to physical ailments are sometimes forthcoming, and in cases where undesired physical symptoms result from energetic conditions, increased physical health may sometimes occur. Senté does not offer any formal medical diagnosis and is not intended as an alternative to any licensed health care method.

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### **SESSION FOLLOW UP.**

Senté energy work is life changing and deep. Most recipients find each session is unique and side effects, if they occur, will vary from session to session. Many recipients report sleepiness and active dreaming the first night of a series. Often clients feel centered, relaxed, and free of obsessive thoughts or emotional triggers. Depending on the areas addressed in the session, people may also experience some short lived sadness or discomfort while processing emotions or events. This usually is a transient response lasting a few hours or a day. Mild muscle soreness is also common.

Significant discomfort, ungroundedness, or emotional lability that persists is not normal and should be reported to the practitioner.

We ask that all clients call and leave a telephone voice message the day after energy work and report how they are feeling. If indicated, the practitioner will make energy adjustments from hearing the sound of the recorded voice or will telephone the person if it seems necessary to talk in person.

Clients can expect to experience significant change in the weeks and months following energy work. Often, as you change you will notice that you are no longer drawn to the same friends, relationships or life experiences that you were before your sessions. Allowing yourself time to accommodate to the new you and the type of life changes you are now drawn to is important. We suggest you may want to reach out to other Sente students who have also undergone the energy work process or to your personal counselor as needed.

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We hope you enjoy and benefit from your Sente energy work. Please email [sente@sentecenter.com](mailto:sente@sentecenter.com) or call 541 482-7182 if you have further questions.