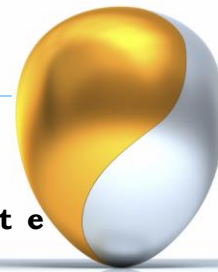


Carolyn Eberle

mind
energy
body
I n s t i t u t e



Carolyn Eberle, LPC, MA, Founder

What are the causes of illness that block our mental and physical well-being? Why are so many people paralyzed with life decisions? Exploring energy adds a missing component and a positive fresh approach to these puzzling mental health concerns. Psychotherapist, LPC, author and energy practitioner, Carolyn Eberle brings 20 years of healing and spiritual teaching to her integrative energy psychotherapy workshops. Her book, **Explorer's Mind** will be released next month. It systematically outlines her curative advances in therapy to educate practitioners in the new conscientiousness of energetics to restore balance.

As founder of the *Mind Energy Body Institute*, Eberle developed a 12 weekend training that unlocks new thinking. Our training institute gives the practitioner a 'new eye' to view the wholeness of a person and in doing so, to mend the fragmented pieces that torment life's journey. "There is a natural path to our energy and to our healing," said Eberle.

Life experiences create false beliefs about our self. Eberle trains clients and therapists to mine the renewable energy hidden in our true core self. Her pioneering work encourages transformation and gives fuel for the healing journey. Her year training so you can become your own (and another's) Mind Energy Body Guide, include lectures, healing demonstrations, guided exercises, meditations, hands-on healing techniques as well as self-healing exercises. Carolyn Eberle resides in Boulder, Colorado has an MA, is a Licensed Professional Counselor, certified massage therapist and a Barbara Brennan, Reiki and Chi Kung practitioner.

In her book she writes:

Our body houses the truth of who we are, who we are not and who we can someday become. When uncovering this fountain of wisdom, the mind's cooperation is necessary yet the mind rarely cooperates easily. It is like a tiger, protecting its false understanding of itself. The essences of the work I do is to release our own false understanding of ourselves and uncover a much larger truth of who we really are instead of who we fool ourselves to be. Trauma, depression, anxiety and illness transform and heal.

Our internal god-like true self is not devoid of challenging emotions and reactions such as sadness, anger and hate. It does not hold only light but incorporates and integrates the light and the darkness into a powerful and beautiful whole. We do not become more by denying any one part of ourselves. Yet by meeting angry, hurt or abandoned parts with

love, non-judgment and compassion, we claim our whole and can realize our individual greatness.

[Read the first chapters on line at www.mindenergybodyinstitute.com](http://www.mindenergybodyinstitute.com)

Carolyn is a pioneer and innovator. A former Washington, D.C. policy advocate for the underprivileged, Carolyn has been researching and exploring the world of healing for over 20 years. Her Mind Energy Body (ME-B) Transformational program and **Explorers Mind** book holds the philosophy that each person has a spirit that has been born into this earth plane to learn, to teach and to fulfill his/her life tasks. The core of this spirit is whole and god-like. Unfortunately, experiences create an *internal programming* that distorts our identity or sense of self. As a result it distorts our ability to manifest our dreams and ability to anchor into our own beauty and light. Her work and teachings can help participants remember the following:

Her workshops, classes and qualifications are outlined below.

- Mind Energy Body Transformation – 12 month comprehensive.
- Fundamentals of Barbara Brennan School of Healing.
- Monthly Supervision and Personal Process Groups using mind-energy body systems.
- Three-Rings of Awareness Shape Shifting Your Emotional Realities
- TRINITY, a mind-body exercise class that allows people to connect to themselves at the physical, emotional and energetic levels.

Qualifications include:

- Licensed Professional Counselor (LPC); Masters in Counseling,
- A teacher graduate of the Barbara Brennan School of Healing (an international four-year hands-on energy healing school,

- Reiki, Healing Touch and Certified Massage Therapist (CMT),
- Horse-Initiated Psychotherapy,
- Graduate of a year certification program in Chi Kung, and
- Fit-Ball and Spinning Instructor and former Washington D.C. lobbyist and community organizer.

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