



*Physical, Emotional,  
Psycho-Spiritual, Relational*

“That which we do not bring to conscious-  
ness appears in our lives as fate.”

“One does not become enlightened by  
imagining figures of light, but by making the  
darkness conscious.”

*- Carl G. Jung*



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## *The Path of Integrative Healing*



The path of healing and integration is said to be just 3½ feet long—from the base of the spine to the crown. The physician's caduceus derives from this symbol.

This symbolic path is a map of one's personal development from fight-or-flight consciousness, to compassion, to full integration.

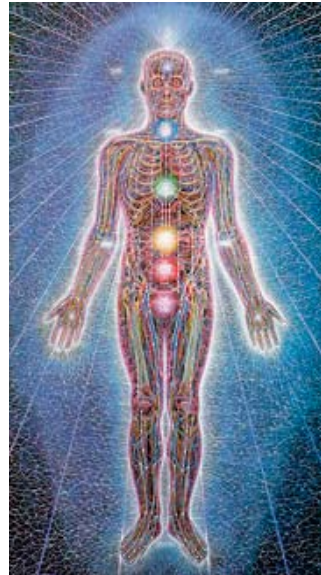
This is the path of healing, personal growth and wholeness. Like a stream, the flow of life can be blocked or diverted at the points along the way.

One can consciously tune to the points (centers) on the path like TV channels. Unconsciously, some will avoid a channel while others will compulsively tune to only one. All channels correspond with one's health and personal development.

Your health and personal growth will benefit hugely when you consciously apply this map to the terrain of your being.

Combining the theoretical with the practical, these workshops promise to be a lively exploration of this pathway—bringing to consciousness the pitfalls and the gifts associated with understanding and beginning to clearly see yourself.

The exploration of the Integrative Healing Path is appropriate for practitioners of the healing arts, those motivated by dis-ease or personal crisis, and for people interested in personal growth. The workshop delivers a number of useful maps and tools that can be utilized immediately in your personal lives and in your healing practices.



This exploration of the levels of consciousness will give a clear perspective of the levels of our being—physical, energetic, emotional, mental, psycho-spiritual and relational. You will take home tools which, when applied, will improve your life immensely.

## *The Centers of Consciousness on the Integrative Healing Path*



7 - *Crown Center*  
*Awareness, Meditation, True Self*



6 - *Brow Center*  
*Imagination, Symbols, Manifesting*



5 - *Throat Center*  
*Expression, Creativity*



4 - *Heart Center*  
*Compassion, Love, The Healing Presence*



3 - *Solar Plexus Center*  
*Will, Power, Emotional*



2 - *Sacral Center*  
*Sensate, Sexual, Procreative*



1 - *Base Center*  
*Physical Body, Energy Body*  
*Fight / Flight / Freeze (masculine)*  
*Gather the clan (feminine)*





Richard Skeie brings to integrative healing work a unique range of achievements and capabilities. He has evolved from businessman to healer, to teacher.

Years ago, he co-founded a company that pioneered E-mail. With his strong leadership skills and business savvy, it grew to #42 in *Inc. Magazine's* "100 Fastest Growing Small Public Companies." He was awarded "Finalist – Entrepreneur of the Year" by Arthur Young and *Inc. Magazine*. At 40, he retired as President/CEO to intensively study spiritual, psychological, and healing systems.

Teaching groups and working one-on-one, his gift and passion for healing and helping people discover their gifts, has facilitated radical and permanent change.

Beyond depth training, his greatest qualification for effective work is his innate ability to see, to sense, and to explain; coupled with a compassionate, heart-centered approach. With Richard's assistance, many have become free to manifest their true nature and potential by understanding old subconscious patterns that no longer serve them. He is able to make subtle, complex subjects understandable.

To help his clients reclaim the wholeness, health and joy of their being, he integrates a number of healing modalities; spanning the physical, energetic, emotional, psycho-spiritual and relational levels of being. He earnestly encourages each person to gain awareness and understanding of the patterns that keep us from manifesting our true nature and full potential. Often these blocks are unconscious patterns, which the client can work with once the patterns become conscious!



The variety of holistic practices Richard uses to facilitate and empower clients include breath-work, typology systems (Jungian & Enneagram), guided imagery, dream-work, shadow-work, Emotional Freedom Technique, emotional release and recovery, Reiki, mind/body connection, and much more.

In 1992 Richard began a series of intensive retreats with William Brugh Joy, M.D. who taught about personal growth, healing from the heart center, dreams, intuitive development, shadow, and much more. In 1995, Richard began his healing practice at Lake Tahoe. He also facilitated men's groups and taught personal development classes. In 1999, he graduated from Sancta Sophia Seminary, becoming an ordained minister. That year he also graduated from the Western Institute of Natural Healing to become a certified Quantum Energetics Structured Therapy practitioner. He now teaches, works with individual clients in person and by phone, and consults on personal growth subjects.

If you are interested in greater health, a richer spiritual life, more joy, and happier personal relationships, you'll not want to miss this opportunity for your own growth and transformation.

Call Richard to attend his next workshop, class, or schedule an individual appointment.



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## Testimonials

“ Richard is a rare find. I know of no one who matches his expertise, clarity of perception, compassion, depth of understanding and love for helping people. I am so appreciative of his work with me and of the improved level of health that I now experience. I recently shoveled over two feet of heavy snow on my driveway and sidewalk with no fibromyalgia response. It seems that by having things brought to my awareness, my body can now use energy for healing that it had previously used to keep things submerged and in pain. ”

- *Judith Heath, Quantum Energetics Institute, Ft. Collins, CO*

“ I consulted on the phone with Richard, whom I had never met. He gave me profound and life changing insight into my physical, emotional and spiritual condition. I am recovering from Parkinson's dis-ease, a condition which two years ago had made it nearly impossible for me to work (managing some 20 people), drive or dress myself. Through a program of Chinese herbs, t'ai chi and acupuncture I have largely healed. I want to heal completely. Richards gentle questioning, understanding of the mind body connection, and unconditional love have started me on the endless journey to greater self acceptance and health. ”

- *Dr. James R. Slusser, Ph.D., Sr. Research Scientist*

“ My shoulder dislocated over 50 times. Six years ago I scheduled surgery then cancelled and went to Richard. My shoulder hasn't been a problem since and I regularly play basketball. In 1998 I severely injured my right knee playing soccer. The orthopedic surgeon said I needed several areas repaired including an ACL replacement. We scheduled surgery and I also made an appointment with Richard. A week later, the surgeon couldn't tell which knee had been injured without looking at his chart—no surgery. Later, I had an appointment for a chronic back problem (from sports injuries). The relief is incredible. I have not felt this good in 10 years. I highly recommend Richard. ”

- *J.P., Incline Village, NV*

“ Though I had been meditating and practicing numerous personal growth modalities for more than a decade, the critical voice in my head remained just as loud and just as mean. Much to my dismay, that voice was even more critical of others. This was a major cause of my suffering. During sessions with Richard, I discovered parts of myself that I had sent underground for years. I had no idea the price spiritually and emotionally of rejecting and ignoring integral parts of myself. Rather than trying to transform the darker parts of myself, with insightful guidance, I was able to explore and accept all parts of myself without fear or judgment. In a strange way, it is almost as if the sessions “snuck in” a form of awakening that allowed the years of meditation and growth practices to take form. Richard is an amazing intuitive guide who will take you on a spiritual healing journey that will last a lifetime.”  
- *M.V., Attorney, Rebirther, QEST & NMT Practitioner, Glendale, CA*

“ Richard has helped me to expand my views of the world and of myself. He helps me know there is no “wrong answer,” no judgment—just encouragement to explore ideas, sensations, realities, perceptions, and new ways of feeling. In that exploration I find what is right for me. He works according to my rhythm. I’ve felt supported, safe and “okay” through some very scary changes. He’s helped me expand my vision to see the gift in the situation and its perfection in my growth process. I don’t know how I would have made it through parts of the last five years without him. My work with Richard has made me a better healer for my clients and a better teacher for my students. I more readily recognize and celebrate the perfection in all our lives. Carl Jung said, “...the sole purpose of human existence is to kindle a light in the darkness of mere being.” Sometimes what I need is a trusted friend to carry that light through the tunnel so I can feel my way more confidently. That is what Richard has always been for me. I have referred clients and friends to Richard for years and will continue to do so.”  
- *E.H.T., QEST Practitioner, University Instructor, Actress/Acting Coach, Geneva, IL*

