



Training in:
Hands-on Healing Techniques
Sensing and Tracking Energy
Energy Anatomy & Physiology
Personal Development



Profound Process, Practical Application

At The McKay Method® School of Energy Healing we take a practical approach to energy healing to promote all aspects of health.



In a lively, collaborative environment we provide a systematic training to develop your ability to sense energy and respond with appropriate healing techniques. In the very first class you will do hands-on energy work and track energy movement in the body.

This program is designed for people in health-related professions, those who want to become a professional energy healer, and those interested in personal growth. Whatever level of classes you attend, you will have fun learning skills you can apply to many areas of your life.



We invite you to participate in a profound process that will transform the way you view and experience your world.

The general progression of study is:

**Jumpstart Your Energy Healing Practice Online
Jumpstart Foundations Class
Advanced/Graduate 2-Year Program**

The McKay Method®

School of Energy Healing



JUMPSTART FOUNDATIONS

A 4-day, in person class; includes Jumpstart Online course, with video talks, technique demonstrations, and written course materials.

Sense and work with energy in very specific, conscious ways! Through exercises and hands-on-healing you get practical experience in many different techniques, learning to:

- modulate and sense energy
- through your hands
- work with energy blockage and flow in the body
- access guidance and intuitive information
- ground and align for meditation and healing
- work with the auric field, boundaries and chakras
- practice Chakra Energetics to cleanse and open your energy centers

- treat burns, cuts and inflammation, headaches, colds and flu with the Energy First Aid Kit™
- generate specific frequencies of energy for healing
- sense into physical organs and perform an energy liver cleanse

Study Energy Signatures™, a model that encompasses physical health, energy metabolism, energetic imbalances, chakras, early development and beliefs, challenges, and gifts of each type.

Experience the pivotal role of presence, compassion and consciousness in becoming a truly great healer with the help of ancient Buddhist practices.

At the end of this class you will be able to work with chakras, auras, the physical body, and perform a basic energy healing from head to toe!

The McKay Method®

School of Energy Healing

ADVANCED/GRADUATE STUDIES (2-YEAR PROGRAM)

This comprehensive program consists of:

Four-day in person classes (7 classes total) approximately every 3 months for 24 months.

Ongoing coaching calls every 2 weeks, with weekly supervision at the Graduate level. A private Facebook group for questions in between calls and classes.

Main areas of study and practice in the four Advanced Classes are:

Soul Level Healing

- Past Lives, Soul Transition
- Soul Dialog and Expansion
- Levels of the Auric Field (7 Energy Bodies)
- Working with Guides

Journey Level Healing

- Shamanic Journeying and Distance Healing
- DNA and Streams of Karma
- Boundary Development
- Chakra Mechanics and Cording

In Advanced Classes you learn more complex healing techniques and models. In addition to the main area of study every class includes:

- Anatomy and Physiology, with healing techniques related to specific organs and systems of the body
- Continuing, in-depth study of Energy Signatures™
- Continuum Movement
- Personal Process Work

Main areas of study and practice in the three Graduate Classes are:

Professional Development

- The Client/Healer Relationship
- Money, Time and Energy Patterns
- Integrating the different aspects of Energy Signatures for a cohesive understanding and application of this model
- Supervised Work with Clients
Starting a “mini-practice”, students will be doing and writing up one session per week. These will be presented and discussed in weekly supervision calls.
- A Research Project
A short paper/project to delve deeper into a personal area of interest. These will be shared in the last Graduate Class as part of our celebration of your accomplishments!

In Graduate Classes we review **all the hands-on-healing techniques** you have learned in the *entire program*.

For all classes, there is reading, writing, and practice homework.

Practicing enhances your capacity to sense and conduct greater amounts of energy, and your ability to access specific intuitive information.

Movement, personal process and inquiry increase consciousness and energy awareness.

At the end of this training you will be an amazing energy healer!

Certification:

The McKay Method® Energy Healer



Our Students

"I wanted to offer more in my practice. There's a richness and multi-levelness that I haven't experienced in any other training – you can't compare it."

Sherri Martinez, Physical Therapist

"At last, energy work I can actually use in a massage and still be hands-on. I can easily integrate the techniques into a session and the clients love it."

Stephanie Sharpe, Massage Therapist

"The process Bear's pioneered is grounded, comprehensive and practical. I've had immediate results both personally and with my clients."

Kathi Joy, Executive Coach

"I run wildlife tours in Yellowstone National Park. This training has enhanced our program tremendously. Our clients love the deeper connection to nature in our tours now."

Linda Thurston, Biologist

"The McKay Method® offers a solid foundation for developing one's ability to bring about physical, mental and emotional healing."

Andrew Kirk, Systems/Business Analyst

"I'm more in charge of my life and what I do now. I'm considerably happier."

John Gibb, Artist



Bear has studied and practiced energy healing for over 20 years. In 2000, she began developing and teaching the curriculum now known as The McKay Method®, a simple, powerful and effective healing approach.

In her private practice she works with clients on personal health issues and provides intuitive guidance on a variety of topics. She can apply her skills to many arenas, including land/building clearing, animals, plants, and spirits.

Bear draws from Eastern, Western and indigenous models of healing. A talented and gifted teacher, she makes hands-on-healing easily accessible to all. She inspires confidence in her students, and believes with practice anyone can develop their healing skills and intuitive abilities!

Join us for Your Next Adventure!

Discover if The McKay Method® School of Energy Healing is right for you!

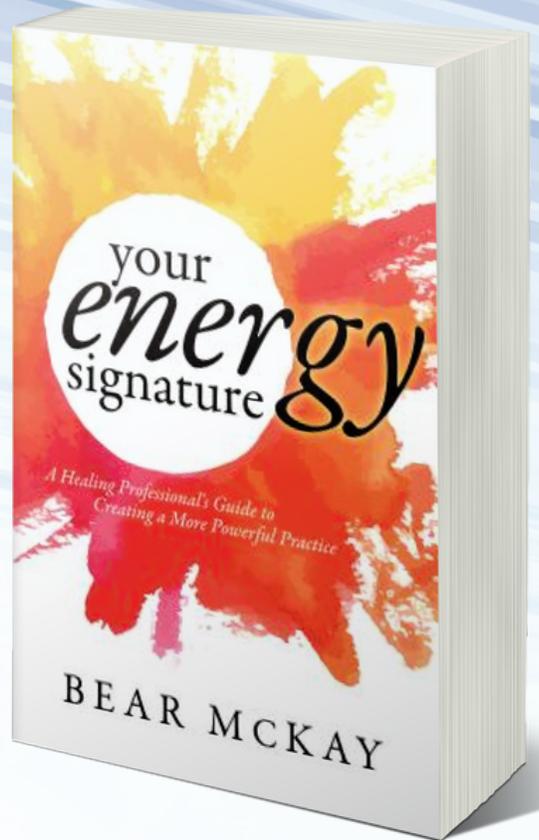
Schedule a free class consultation with Bear.



BearMcKay.com | themckaymethod@gmail.com | 877-767-2425

Check out Bear's book, "Your Energy Signature!"

Take the quiz to find out **your**
Energy Signature at
BearMcKay.com



Your Energy Signature is an enlightening resource for all. Improve your physical health and well-being in many aspects of your life, including relationships! For health care professionals, it's a practical framework to create more productive and positive healing outcomes.

Available as an e-book at bearmckay.com,
in print at your local bookstore and both versions on [Amazon](https://www.amazon.com).



BearMcKay.com

877-767-2425

themckaymethod@gmail.com