

# Expanding Into Care

*Your Bio-Energetic Field System Support Guide*

## Welcome to the New Field

This is not bodywork. This is not chasing pain. This is not collapse medicine.

You are entering a space of **field coherence**, nervous system restoration, and conscious transformation. My offerings have evolved because *I have*. What I once held through my hands, I now hold through my **entire** frequency, field, and embodied transmission.

That means I do not have to touch you to heal you. Instead of chasing your trauma around and keeping it company in the dark, I am decoding, releasing, and rewiring the places you have been coded with things that are **not you**. I am helping you get free from the deep holdings and tension locking you away from yourself.

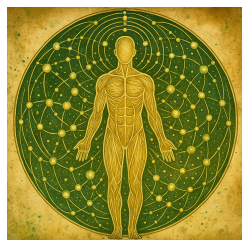
I have not only tracked these patterns in the field for re-patterning—I've also mapped the underlying psychology and mental loops that reinforce them. This is whole-system support. And it works.

This guide is your companion in understanding this shift—and how to walk with me into the next phase of your healing journey.

## What Is Bio-Energetic Field Work?

Bioenergetic field work is the conscious, structured clearing and recalibration of your energetic body. This includes:

- Restoring **nervous system safety**
- Releasing **energetic suppression**
- Mapping and unwinding trauma **held in the field** (not just the tissue)
- Re-establishing your natural frequency of **peace, health, and coherence**



**Living Shui**  
Conscious Living  
for Elevation

Your body is not a collection of pain spots. It is an intelligent frequency field. When supported clearly, it will return to wellness. We are no longer treating the symptom—we are **re-patterning the system**.

## Why We No Longer Farm Trauma Through Bodywork

In my early work, bodywork helped clients feel seen. But over time, I noticed a pattern: many were returning again and again for symptom relief while bypassing the root of their pain.

Why? Because the work was coded around **pain-seeking and collapse**, not sustainable healing.

**Expanding into care** means we no longer:

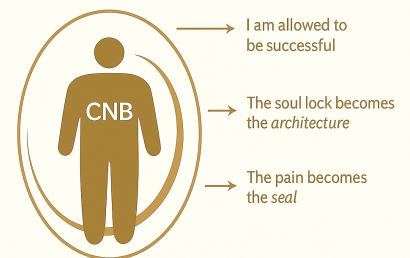
- Use the body to trigger trauma-release loops
- Look to collapse or catharsis as a sign of progress
- Require long, draining 2-hour sessions to "get deep"

We now:

- Work with **clean field signals**
- Use sound, breath, essence, and light frequency to recalibrate
- Meet the body in **sovereignty and safety**, not emergency

### Trauma = Core Negative Belief (CNB) + Soul Lock

Trauma acts as the primer—it activates and embeds the CNB into your body-field. Then, through repetition or overwhelm, it hides your original soul memory behind a veil of amnesia.



ENTER  
THROUGH  
AWARENESS



THE PATH  
BEGINS



RETURN  
TO ORIGIN

## A Brief Note on Your Nervous System

Your nervous system is an electrical and emotional translator. It doesn't just hold trauma—it holds your **response pattern** to life.

When the bioenergetic field is full of distortion (overwhelm, unprocessed grief, ancestral trauma), the nervous system cannot regulate. My job is to clear interference and help you reset your internal circuitry to **restore vibrational integrity**.

## What to Expect in Session

**Sessions are short, potent, and present-focused.**

You may be seated, standing, or lying down (fully clothed)—either on a massage table or from the comfort of your own home during a remote (distance) session. We work with tuning forks, field resets, energy calibration, vibrational medicine, breath, sound, and presence.

You are not just receiving a treatment. You are being **met in the field**.

This is still rooted in what I once called “Transformational Bodywork”—but now it's interactive, field-based, and deeply integrative. You will be **actively integrated in real time**—so that *you* learn your own body, field, and truth—not just receive from me.

### Session Lengths:

- 30 minutes – Quick Field Reboot
- 45–60 minutes – Deep System Reset
- 75 minutes – Reserved only for full-field recalibration or high-tier healing

## How to Prepare and What to Do After

### Before:

- Hydrate
- Journal (optional)
- Arrive 5–10 minutes early

### After:

- Rest
- Eat grounding food
- Apply flower essences or oils
- Gentle walking or hammock time
- No heavy socializing or processing

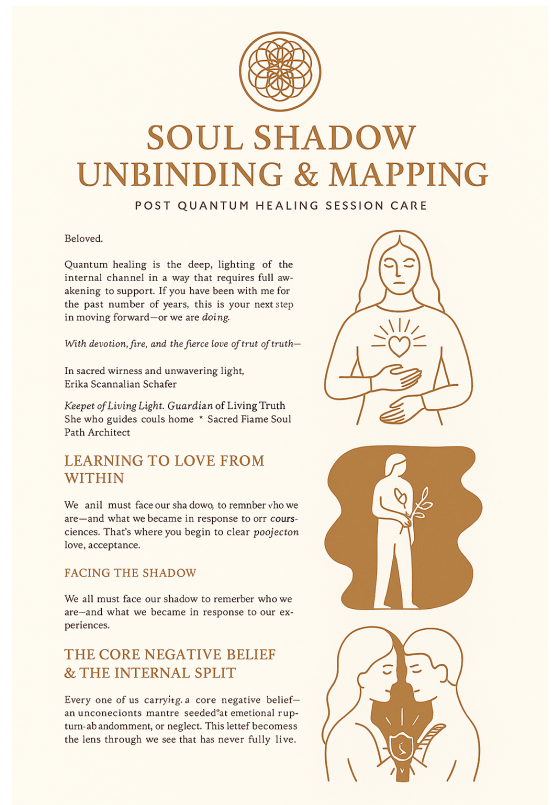
Your system is recalibrating. Treat it with respect.

## About Pricing, Access & Product Layers

This is the first price increase in 10 years. My previous work carried a frequency that honored where I was. This work reflects where I *am now*—and what we now do together.

Some sessions and products are now listed as part of **expanded care systems**—meaning they are:

- Layered inside group programs
- Designed to support coaching clients
- Connected to larger transformation pathways





You'll see these sessions nested under specific offerings because they are no longer stand-alone bodywork. They are part of **systemic energetic healing**, with guided support before and after.

Please note: these are not general treatments. They are **cross-booking portals** tied to ongoing care and field integration.

You are not paying for time.

You are investing in **whole-system transformation**, guided by someone who has walked the path—and built the tools to help others rise.

## A Note on Frequency & Value

This is about frequency alignment.

My time isn't what's rising—**my field is**.

What we're anchoring together now carries legacy and lineage-level healing.

My sessions move faster than they did before, and i don't need as long to adjust you. Also short sessions more frequently may support your on going work. Prices for clearing and shamanic work have increased—because, honestly? Not today, Satan. In, out, and clear in record time.

## Current Ways to Work Together

- **Bio-Energetic Field System Sessions**
- **Quantum Field Healing Coaching**
- **Living Field Recalibration™ Programs**
- **Flower Essence Integration Support**
- **Expanded Coaching and Teaching**
- **Womens Programs**
- **Gathering's & Workshops**

## Closing Words

This path has changed because *I have*. I now walk as a field keeper, not a fixer. If you're ready to rise into your lightest self, I invite you to walk with me.

This work is not about surviving. It's about **reclaiming the fullness of your being**.

Let's expand into care. Let's rebuild from truth.

As I rise, I hope you rise too.

May we meet in the light we were always meant to carry.

With love and clarity,  
Erika

