

Chronic Fatigue Syndrome and Fibromyalgia Through the Eyes of a “Wholistic” Healer

By Aaron Singleton, LMT/MHt/CST, EOLMTT

In my experience as a holistic healer, therapist and body-worker, I have discovered fascinating insights into the causes of diseases resulting from physical and emotional traumas. This led me to develop a facilitated self-healing process, *The Energy of Life*® (EOL™) 13 years ago to help facilitate the release of those traumas.

The Energy of Life process is utilized to help the client determine the physical, emotional and spiritual root cause of his/her illness or condition and its specific treatment. This process also helps empower self-healing with assistance and gives direction for maintaining the client's health. As Sue and I have worked together, the EOL Process has grown to a full framework for evaluating illness and disease, as well as the EOL Root Cause Model.



For example, Deborah*, a young woman of 21, was diagnosed with Chronic Fatigue Syndrome. During our first session using *The Energy of Life* process, we were able to determine her disease had its emotional roots in the loss of family members and friends at the age of 13. This was not the typical loss due to death as we would expect, but simply that her immediate family had been uprooted from her native country and moved to the United States - leaving behind grandparents, aunts, uncles, cousins, friends, etc. The emotional loss and the subsequent upset of leaving family members and friends had manifested itself as physical tension around the shoulders and chest, causing shallow breathing, shortness of breath and lymphatic problems. Physical tension around the upper abdominal region was causing occasional heartburn and diaphragmatic discomfort, while physical tension around the lower abdominal and pelvic region caused severe menstrual cramping, indigestion and ongoing bouts of constipation.

Using *The Energy of Life* process, we determined that Deborah would need 12 sessions of approximately 1 1/2 hours each to bring about healing. Although Deborah was under medical observation during this time, she was not receiving medication or traditional therapy of any kind. At the end of 12 sessions, Deborah's physical and emotional tensions were gone. Her breathing was normal and the heartburn, constipation and menstrual cramping had completely disappeared. Subsequent medical tests showed no further signs of CFS in Deborah.

Sarah* is another example of success with *The EOL* process. Sarah is 39 years old and was clinically diagnosed 13 years ago with Fibromyalgia. In our initial consultation, we were able to determine that it would take six (6) one hour sessions to bring about mind, body and spirit connections needed to facilitate healing. During our first session, Sarah visualized a steel mesh shirt, similar to chain mail worn by Medieval knights, weighing her down and causing her pain. With *The Energy of Life* process, we removed the steel shirt and after a session of only one hour, the Fibromyalgia pain of 13 years was gone. Our remaining sessions further integrated mind, body and spirit, thus aiding in remembering the initial traumas, as early as age 3, and releasing them. All bouts of tiredness, depression, anxiety, etc., subsequently disappeared and no further symptoms of Fibromyalgia have been reported in Sarah.

It is important to remember that our emotional traumas, even as a child, may produce illnesses of varying degrees later in life. Anger, fear, shame, loss and the like may produce anxiety attacks, asthma, CFS/Fibromyalgia and a host of other illnesses and breathing disorders.

I have not encountered a client who has been diagnosed with CFS/Fibromyalgia that did not have emotional trauma at the root of the disease. With all conditions, physical and emotional illnesses, I have found that it is necessary to know as much as possible about the total history of the illness or condition. Beyond the traditional ways of diagnosing, such as medical records, observations and examinations, the following have been used to access old memories: regression hypnotherapy, visualization, inner child work, medical intuitive readings, intuitive arts and body-oriented psychotherapy. Hypnotherapy, color, aroma- and sound therapy, bodywork, breath work, and energy therapies are but a few of the modalities used in releasing traumas.

When trauma is released, healing occurs as a natural chain of events. There is no one way or one program that works for all, but by using all the therapies available and providing unlimited healing possibilities for each client, we provide the best help and support that we can.

Some 85% of our new clients experience the full EOL Process activation easily and quickly obtain their own answers from their body's own cellular memory, with our coaching. Others who may be quite ill, or for other reasons are unable to obtain detailed answers in a coached session may need a Medical Intuitive Reading to provide a very detailed root cause evaluation and action plan.

**Client names have been changed to protect their confidentiality.*

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