

Courtney Cross

**Intuitive Healing
Energy and Integration Counseling**

I am an artist and practitioner of consciousness medicine. My practice is rooted in the BodyTalk system and I incorporate knowledge and practices from various mentors in the fields of alternative medicine and fine arts.

The BodyTalk system helps to reveal the psychological, emotional and spiritual layers of pathology in the body. It aids in untangling the webs of consciousness that keep us mysteriously locked into behavioral and life patterns that seem to be on repeat. These can include but are certainly not limited to:


**chronic pain, repeat injuries, fatigue,
digestive issues, skin irritations, poor
immune system, autoimmune disorders,
allergies, depression, anxiety, sleep
disorders, addictions, drastic weight
fluctuations, financial struggle,
toxic relationships**

This is an observational system of medicine. Your body has an incredible capacity to heal itself when it is seen and met with compassion. Illuminating these consciousness patterns is enough for your body to shift into more sustainable and healthy ways of being. This illumination also allows for conscious shifts in decision making that can lead toward further growth and wellness sovereignty.

I am one tool available for your network of support. Please use me if you feel called!

1:1 in person and distance
sessions, virtual group
healing, sliding scale clinic.



 @bodies_talkin

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