

Deborah Sinclair

My first Hands of Light weekend workshop experience was as a participant in a workshop led by Barbara Brennan in 1996. At that point in my life I had been blessed to have studied acting with Sanford Meisner, and The Alexander Technique with Marjorie Barstow for many years. What I found most remarkable about these two teachers, were the systems they had developed for initiating deep understanding of subtle truths by providing participants with a series of transformational, “hands-on” exercises. But the weekend Barbara created for introducing the chakra system and multidimensional awareness blew me away far beyond anything I had experienced or could even have imagined at that time.

I have been enamored with the introductory workshop process ever since and have participated in 18 of them, 14 as a workshop leader. I continue to be amazed by the way the experiential exercises, presented over the course of only one weekend, gently introduce foundational energetic principles and inspire transformation.

For over 15 years I enjoyed a thriving practice as a Brennan Healing Science professional in Wheeling, WV. In addition to my energy healing skills, a significant part of my practice within that community was based on my reliable high sense perception and ability to interpret auric phenomena. Most of my clients were referred to me by therapists and other health professionals for help in determining the underlying cause or nature (physical, emotional, mental or spiritual) of their patient’s condition.

A session with me often includes teaching my client how to expand their own awareness of the energy field so they can become more actively engaged in the creation of abundant health. Recently, I moved to North Carolina and as I become established here in magnificent Black Mountain, I continue to work with many clients “long distance” and am exploring how my unique skill set can be of service here in the South.