

## CONTEMPLATIVE BODYWORK™

Contemplative Bodywork™  
is a unique body-based  
spiritual practice  
developed by  
Rev. Patsy Walker Fine.

Patsy is a Certified  
Massage Therapist, an  
ABMP Certified Somatic  
Therapist, a Reiki Master  
Teacher, a Certified  
Spiritual Practitioner, and  
an ordained minister.

She also holds two  
advanced academic  
degrees with training and  
experience that support  
her work in guiding  
transformational learning  
and spiritual development.

Continued education at  
Sancta Sophia Seminary in  
Spiritual Studies has led  
Patsy to pursue research in  
the body's holistic  
connection with the spirit  
or "embodied spirituality."

Contact Patsy for more  
information.

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Volcano, CA 95689-9786

## CONTEMPLATIVE BODYWORK™



**Sophia's Well  
of Wisdom  
Volcano Area  
209-418-9003**

[www.sophiaswell.abmp.com](http://www.sophiaswell.abmp.com)  
[www.sophiaswell.org](http://www.sophiaswell.org)

**Refresh at  
Sutter Creek  
209-267-0887**  
[www.suttercreekmassage.com](http://www.suttercreekmassage.com)

## **Bodywork as Spiritual Practice**

This multi-sensory practice is about experiencing God in the body. The greatest spiritual achievement is not transcending the body, but joining the body and spirit together. It is the sacred marriage of matter and spirit, heaven and earth.

Bodywork is the most practical format for spiritual work. In this body-centered spiritual practice, we let go of the mind and let the body rest naturally in soul. We transcend the illusions of the small mind to access a deeper consciousness within the living body (soma); thus we “take off our shoes and walk on holy ground.”

Transformation takes place within the field of the body. We cannot get beyond the body except through the body. The body as the “temple of the Holy Spirit” is the deepest of esoteric truths. Reclaim the sacred body through the unique experiences of sacramental and contemplative bodywork practices.

**Contemplative Bodywork™ is a guided spiritual practice that aims to clear, integrate, harmonize, and vitalize the five aspects of human experience: Physical, Emotional, Mental, Moral, and Spiritual.**

**It achieves these goals through a protocol that combines simple spiritual practices with massage and bodywork techniques that are based on psychological, sociological, ecological, spiritual and somatic principles.**

**After preparing a sacred space for the client, Patsy facilitates an individualized somatic experience to release tension, harmonize, and energize body and soul.**

**Contemplative Bodywork™ will help you to release burdens, discover Inner Light, connect with Soul, embody Spirit, and encounter the Sacred in everyday Life.**

## **CONTEMPLATIVE BODYWORK™**

**Holistic Massage  
Reiki**

**Subtle Energy Work  
Cranial-Sacral**

**Acupressure/Jin Shin  
Reflexology**

**Prayer**

**Intention**

**Anointing with Oil  
Breath Work**

**Silence**

**Guided Meditation**

**Sacred Music**

**Sacred Text**

**Sacred Space**

***Individualized for  
client need***