SageFull
LIVING

MINI GUIDE

Modalities, Medicines & Meaning



by Susan the Sage



Welcome: A Note from Susan the Sage

Welcome, seeker.

If you've found your way here, chances are you're curious. Maybe you're looking for something deeper. Maybe you've heard words like ***Reiki, breathwork, regression, sound healing,*** **or** ***Family Constellations*** and wondered what they actually mean, or where you even begin.

I understand that feeling.

My own journey has taken me through many different practices, teachings, traditions, and experiences. Along the way, I discovered that there isn't one right path or one modality that works for everyone. What supports us can change as we change.

I created this Mini Guide to make this world feel a little less overwhelming and a lot more accessible. Think of it as a place to begin, to explore a few different ways of working with the mind, body, energy, and spirit, and to notice what sparks your curiosity.

You don't need to understand everything. You don't need to try everything.

And you certainly don't need to be "fixed."

Just stay curious.

Something may simply resonate

Let us Begin.

Susan the Sage

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Where Do I Begin?

With so many modalities, practices, and paths available, it can be difficult to know where to start.

The truth is, there is no single right path.

What supports you may depend on where you are in your life, what you are experiencing, and what you feel ready to explore.

Start by asking yourself:

Do I need to quiet my mind?

Explore meditation, mindfulness, breathwork, or sound.

Do I feel disconnected from my body?

Explore yoga, somatic practices, breathwork, or energy work.

Do I keep repeating the same patterns?

Explore regression, subconscious work, Family Constellations, or other ancestral and systemic practices.

Am I looking for greater clarity about myself or my path?

Explore tools such as astrology, Human Design, Gene Keys, or other systems of self-discovery.

Am I feeling called toward deeper spiritual exploration?

There are many paths, from meditation and energy practices to sacred medicines and expanded states of consciousness. Move slowly, stay curious, and choose your facilitators carefully.

You don't need to try everything.

Begin with what resonates. Stay curious. Pay attention to what your body and intuition are telling you. And allow your path to unfold from there.

Mind & Awareness

Meditation

What it is: Meditation is the practice of training your attention and awareness to achieve mental clarity, emotional calm, and a deeper connection to yourself.

How it is Performed: Meditation can be practiced in many ways, from focusing on the breath or a mantra to guided visualization, mindful movement, or simply observing thoughts without attachment.

Who it is for: Anyone looking to quiet the mind, reduce stress, deepen self-awareness, and create more presence in everyday life.

SageFull Insight: *As a practitioner myself, I have found that meditation is the home I return to amidst the noise of life. It is the anchor that allows all the other modalities in this guide to truly take root. Without the muscle of awareness that meditation builds, we are simply collecting experiences; with it, we are undergoing a true transformation of being.*

Guided Visualization

What it is: Guided Visualization is a technique where you use your imagination to communicate directly with your subconscious mind. By visualizing specific images or scenarios, you can trigger physiological and emotional changes in the body.

How it is Performed: While resting comfortably, you follow the narrative of a guide who leads you through a mental journey, perhaps to a safe place in nature or a meeting with your Higher Self. You engage your senses to make the mental image feel as real as possible to your nervous system.

Who it is for: Those who have a vivid imagination, enjoy storytelling, or are working on specific goals like healing, manifestation, or overcoming deep-seated fears.

Regression Therapy

(Age, Past Life, Between Lives and Future Life Progression)

What it is: Regression Therapy is a therapeutic approach that uses a deeply relaxed state, often induced through hypnotherapy, to access and re-experience past events, whether from the current life, previous incarnations, or even potential future scenarios. The aim is to gain insight, resolve unresolved issues, and promote healing and personal growth by understanding the origins of present-day challenges, patterns, or aspirations.

How it is Performed: Clients are guided into a profound state of relaxation, allowing them to access subconscious memories and experiences. The Facilitator guides the exploration, helping the client understand their impact and release associated energetic or emotional charge. This may include Age Regression, Past Life Regression, Between Lives Regression, or Future Life Progression.

Who it is for: Those seeking to understand persistent issues such as recurring fears, unexplained emotional patterns, or deep-seated anxieties. It can also support those interested in exploring soul connections, life purpose, or gaining greater clarity about their direction.

SageFull Insight: *Your Master Guide has one here, but the file excerpt cuts off right after As a Facilitator of various forms of Regression Therapy, I am consistently moved by the transformative power of these sessions.*

Body & Nervous System

Yoga

What it is: Yoga is an ancient practice that integrates movement, breath, meditation, and philosophy to cultivate physical health, emotional balance, mental clarity, and spiritual connection.

How it is Performed: Yoga can include physical postures, conscious breathing, meditation, and mindfulness. Different styles range from slow, restorative practices to dynamic movement and more spiritually focused practices.

Who it is for: Anyone looking to strengthen the connection between body, breath, and mind. With so many different styles, yoga can support everything from physical strength and flexibility to relaxation, self-awareness, and spiritual growth.

SageFull Insight: For me, yoga has always been about more than the poses. It is a *practice of awareness, learning to listen to the body, work with the breath, and become more present to yourself.*

Breathwork

What it is: Breathwork is one of the most immediate and powerful tools for release and clarity, offering direct access to altered states of consciousness and profound healing.

How it is Performed: Different forms of breathwork use intentional breathing patterns to shift awareness and work with the body, nervous system, emotions, and energy. Practices can range from gentle, regulating breath to deeper, more intensive journeys.

Who it is for: Those seeking greater clarity, emotional release, nervous system support, or a way to explore deeper states of awareness through the breath.

SageFull Insight: *I have even received clear messages during deep sessions. This is a powerful practice and should always be experienced with a trained Facilitator and proper Integration.*

Somatic Experiencing

What it is: Somatic Experiencing is a body-oriented approach to healing trauma. It is based on the idea that trauma is not in the event itself, but in the stuck survival energy in the nervous system that never had the chance to be released.

How it is Performed: A practitioner guides you to track physical sensations in the body, like heat, tension, or trembling. You move slowly through the traumatic charge in small pieces, allowing the body to safely discharge the survival energy and return to a state of balance.

Who it is for: Those who feel "stuck" in their bodies, experience chronic anxiety or hyper-vigilance, or are processing past trauma that hasn't cleared through cognitive methods.

SageFull Insight: *In my sessions, I have shed many tears and had visions of old memories. It's the body letting go of what it has been carrying. Some somatic practices can be intense, but not all practices have to be; it's about listening to the wisdom of the body.*

Energy & The Energetic Body

You are not just a physical body; you are a complex, breathing system of energy. The Master Guide explores the Biofield and the idea that our thoughts, emotions, and experiences carry vibrational frequencies that influence our overall state of being.

Reiki

What it is: Reiki is a Japanese form of energy healing that channels universal life force energy to promote relaxation, reduce stress, and support the body's natural healing abilities. Developed by Mikao Usui in the early 1900s, Reiki is one of the most widely practiced and accessible forms of energy healing worldwide.

How it is Performed: A practitioner places their hands lightly on or just above the body in a series of positions, allowing energy to flow where it is most needed. Reiki can be offered both in person and remotely.

Who it is for: Anyone seeking deep relaxation, emotional balance, or gentle energetic support. It is also an excellent introduction for those new to energy healing.

SageFull Insight: *Although I am trained in Reiki Level II, I still receive Reiki sessions myself. I believe one of the greatest gifts we can give ourselves is allowing someone else to hold space for us. Even as practitioners, we all need moments to receive,*

Access Bars

What it is: Access Bars is a gentle, non-invasive energy process that involves lightly touching 32 unique points on the head. These points (the “Bars”) store the electromagnetic charge of all the thoughts, ideas, beliefs, and emotions you’ve ever had about anything.

How it is Performed: You lie down fully clothed while a practitioner lightly touches these points on your head in a specific sequence. As the points are touched, the

electromagnetic charge of limiting beliefs is released, allowing you to let go of old patterns and open up to more ease and joy.

Who it is for: Those feeling mentally cluttered, stuck, or overwhelmed. It is perfect for anyone looking to "reset" their mind and stop the constant chatter of negative thoughts.

SageFull Insight: *I use this with my clients and trade with practitioners. It's like hitting the "delete" button on a cluttered hard drive, creating space for new possibilities to enter.*

Theta Healing

What it is: Theta Healing is a powerful meditation and healing technique that accesses the Theta brainwave state, the state we are in just before we fall asleep or during deep hypnosis, to identify and change deep-seated subconscious beliefs.

How it is Performed: The practitioner enters a deep meditative state (Theta wave) and connects with the Creator of All That Is or Source energy. From this state, they witness the removal of limiting beliefs and the installation of new, supportive beliefs directly into the client's field. The client must give verbal consent for every change made.

Who it is for: Those looking to rewrite deep subconscious patterns, heal emotional wounds at their root, and experience rapid shifts in their physical and emotional reality.

SageFull Insight: *I use this with my clients when we identify a core belief that is blocking their progress, allowing us to clear it instantly at the subconscious level and replace it with a frequency of truth.*

The Frequency of Sound

Sound Healing

What it is: Sound Healing is the use of specific frequencies and vibrations to bring the body and mind back into a state of harmony. Everything in the Universe is in a state of vibration; when we are stressed or ill, our “instruments” go out of tune. Sound healing uses “entrainment” to sync our brainwaves and cells with healing frequencies.

How it is Performed: You lie in a comfortable, receptive position (a “Sound Bath”) while a practitioner plays various instruments.

Who it is for: Everyone. It is one of the most accessible modalities because it requires no effort; you simply receive. It is especially beneficial for those seeking to quiet a busy mind, reduce physical tension, or recalibrate their nervous system.

SageFull Insight: *As a sound healer myself, I incorporate frequency and vibration into almost all of my sessions. I find it to be one of the most effective ways to integrate any other modality, though it is a profound medicine all on its own. I am always moved by how my clients are affected by the bowls, witnessing everything from spontaneous emotional releases to a level of deep, cellular relaxation that they simply couldn't reach on their own. It is a powerful bridge between the physical and the ethereal.*

Sound Healing Tools

Alchemy Crystal Bowls • Quartz Crystal Bowls • Chimes • Drums • Gong • Rain Sticks • Tibetan Bowls

Systemic & Ancestral Healing

Family Constellations

What it is: Family Constellations is a powerful therapeutic method that explores hidden dynamics in family systems. It uncovers and resolves deep-seated patterns, traumas, and unconscious loyalties that are passed down through generations.

How it is Performed: In a group setting, representatives are chosen to stand in for family members, creating a physical constellation that reveals the energetic entanglements within the family soul. The Facilitator then uses specific movements and sentences of truth to restore order and allow love to flow freely again. One-on-one work can also be done with figurines as representatives.

Who it is for: Those struggling with recurring life patterns, unexplained emotional weights, or difficult family dynamics that haven't resolved through traditional talk therapy. It is for those ready to break ancestral cycles.

SageFull Insight: *When what has been hidden is seen with compassion, new possibilities emerge, and we become free to live more fully as ourselves. I have studied and experienced Family Constellations for over a decade and remain in awe of how hidden dynamics reveal themselves in the field. Watching the movements unfold and witnessing the profound shifts they create continues to deepen my trust in this work.*

Teachers of the Earth: Sacred Medicines

Throughout history, cultures around the world have worked with sacred medicines as teachers, not escapes. Whether derived from plants, animals, or created through modern science, these medicines have been used to expand consciousness, facilitate healing, reveal insight, and reconnect us with ourselves and something greater than ourselves.

This section is not intended to encourage or discourage the use of sacred medicines. Rather, it is designed to provide education, context, and respect for these powerful modalities. Each medicine carries its own history, traditions, benefits, risks, and unique personality. No two journeys are ever the same.

Understanding the Different Types of Sacred Medicines

Plant-Based Medicines: These medicines come directly from nature: roots, vines, leaves, flowers, bark, fungi, seeds, and cacti. Examples include Ayahuasca, Cannabis, Peyote, Psilocybin, Rapé, and San Pedro.

Animal-Derived Medicines: Some sacred medicines originate from the animal kingdom and have long histories within traditional Indigenous practices. Examples include Bufo and Kambô.

Synthetic & Semi-Synthetic Medicines: These medicines are created or refined through modern chemistry, often from naturally occurring compounds. Examples include Ketamine, LSD, MDMA, and Ibogaine.

A Sacred Note on Safety & Stewardship

These are powerful modalities that carry significant responsibility. The Master Guide emphasizes working with a trained Facilitator who understands medical contraindications and psychological safety, being completely honest about physical and mental health history, and choosing an environment where you feel safe, supported, and seen.

Finding What Resonates

There is no single path, practice, or modality that is right for everyone.

What supports you today may be different from what supports you a year from now. Some practices may immediately spark your curiosity. Others may not, and that's okay.

The purpose of exploring these modalities isn't to try everything or search endlessly for the next experience. It's to become more aware of what genuinely supports you.

Notice what you're drawn to.

Pay attention to how your body responds.

Ask questions.

Choose your Practitioners and Facilitators carefully.

Give yourself time to integrate what you experience.

And remember: a modality is a tool. The deeper work happens in how you bring what you discover back into your everyday life.

Stay curious. Trust your discernment. And allow your path to be your own.

Live a life aligned. Live SageFull.

Continue Your Journey

If this Mini Guide sparked your curiosity, there is so much more to explore.

The **SageFull Living Master Guide to Modalities, Medicines & Meaning** was created as a deeper resource for understanding the many practices, traditions, tools, and medicines available to us, and how they may support different parts of our journey.

Inside the full guide, you'll explore **70+ pages** covering:

- The energetic body, chakras, meridians & the biofield
- Yoga, breathwork & meditation
- Consciousness & subconscious tools
- Family Constellations & ancestral work
- Somatic & holistic practices
- Sound healing & sound healing tools
- Sacred medicines, safety & integration
- A comprehensive SageFull Living glossary

And much more.

This isn't about finding one "right" way.

It's about having the information to explore with **curiosity, awareness, and discernment**, and discovering what resonates with you.

Ready to go deeper?

Explore the Complete SageFull Living Master Guide

GET THE MASTER GUIDE

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