



Some people are enigmatic for pretentiousness' sake while others are enigmatic because they know no other way to be. I'd like to think I fall under the latter category while steering clear of the former. Unless you're an egomaniac, it's a fine line, so let's discuss.

Enigmatic is defined as difficult to interpret or understand; mysterious. This article is inspired by comments about my last article. "Wonderful article, Sully, but what do you do and how do you do it? Thanks." My short answer to this is I really don't know and I'm becoming more and more comfortable with not feeding my brain candy addiction. (Brain candy is worry with trying to figure it out, trying to label it, and trying to blame it into some neat little compartment that is useless other than measuring the amount of time we waste on it.) I realize this can sound enigmatic at best, irresponsible at worst, but it's just an honest answer to an honest question. So how did I get to this realization and what does it mean for the curious readers of *Wholly Holistics*?

I can only comment about my journey. And, in doing so, I will attempt to remove some of the esoteric qualities from what we're discussing. Actually, let's call it what it is: It's a roller coaster ride I can't get off of. Early on in my energy work, I was told or read somewhere that being an attuned Reiki Master was like getting on a roller coaster that you can never exit even if it's the vomit comet. While this has been and still is true, it's really just life, is it not? Life is something none of us will survive. None of us can get off the ride until it's over, so that in itself clears up a chunk of the mysticism, if you will.

Another bit of mysticism can be addressed with a simple comparison to music or other forms of entertainment. The various methods I use for healing and bringing awareness to highlight a person's issues so they can heal themselves do indeed make you feel like you're on another planet sometimes. While I always think this is cool, we can't get enamored with it so much that we lose the point of why we're there. This was a big lesson. An alternative way to look at this is to think of your favorite artists. When I think of it this way, does a Dinah Washington, The Eagles, The Doors, Frank Sinatra, The Notorious B. I. G, etc. not have the

ability to transport you to another time and place? These talents simply do it by being who they are and doing what they do. We marvel at their talent, but don't really question it. We can't see the wind, but we can certainly see the results. Energy work is no different in this manner.

When I say energy work, I use it as an all-encompassing term to include Reiki, Theta Healing™, One Energy, and whatever else I've picked up or sampled along the way. In my energy work trek, I have gained clarity of vision, clearer instincts about who, what, and where is in my highest and best interests, distinct definitions of unconditional love versus unconditional acceptance, reduced anxiety, empathy, the slippery, but very important art of forgiveness, the effects past lives can have on our current lifetime (doesn't matter if you believe this one), understanding on a deeper level of humanity's shared connection; and "aha moments" are now nearly a daily occurrence.

Probably the most interesting insight this work has given me is what I term "soulmate vs. cellmate." Not all soulmates were contracted on a karmic level to come here to participate in a Nicholas Sparks novel. Some were sent here to destroy us, torture us, and sometimes simply to distract us. Gives growing pains a new meaning, doesn't it?

How do I know such things? Simply this: I know what I know. That's a powerful statement right there. It's called self-empowerment and it's the whole point of energy work and spirituality as a whole. It's a whole new ball of wax to know something from within rather than to be told something and coerced into accepting it.

Notice I've spoken on what effects energy work has had on me rather than others. Well, that's one of the big tricks of it all. Before you can work with others, much work on yourself is needed. It's tempting and seductive to work on others rather than the dark, icky parts of yourself. I say this even to students endeavoring to use Reiki to work with animals. Noble to be sure, but personal work is still required before working on those four-legged family members.

One question I can answer in a straight-forward manner is what I've helped others work with in my work. Premature aging, body image, Parkinson's, sexual trauma, reducing the amount of prescription medications (with your doctor's consent), disconnectedness, cancer, quitting smoking, nagging or repetitive injuries, PTSD, food addictions, and the list goes on. In a result driven world, it was a difficult and hard-hitting lesson for me to let go of individual results. Doing this work makes one extremely sensitive to others, but we cannot get attached to an individual's outcome. Free will reigns over all and a healer cannot presume to alter nature's law.

That said, I have had the honor and front row seat of watching some miraculous happenings in the lives of my fellow man.

What's it like being me and seeing so many wild and crazy things during sessions I conduct on others, be they in-person or remotely? Well, I see and hear and feel, even smell and taste, some wild and crazy things. But I'm sure you all do too in your own unique way that is uniquely you. Life is a contact sport, is it not? I'm not being evasive, but from the first awkward session I conducted years ago to more recent times when matters of the heart needed jack-hammering in an energetic sense, I have always viewed this as a fresh perspective on the one-size fits all approach we force on medicine and traditional therapy. Sure, traditions have their place and always will, but how do you feel about ignoring an alternative point of view because of the way it was reached?

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