

by
**Amanda J.
Butler**



The Wellness Column

Mallorca-based coach and therapist Silke Maria Haas has distilled more than three decades of therapeutic experience into a practical guide designed to help ourselves, reconnect and empower our lives.

There can come a point in life when, outwardly at least, everything appears fine – yet something inside us feels distinctly out of balance.

We sleep but wake up tired. We find ourselves giving endlessly to work, family or relationships while receiving, what feels like, very little in return – sometimes even from ourselves. We question our decisions, feel emotionally depleted or simply sense that the life we are living no longer quite fits as comfortably as it once did.

This quiet disconnection lies at the heart of a recently published book **Heal and Empower Your Life** – a practical guide for a healthier and happier life, by Silke Maria Haas.

Silke Maria first came to Mallorca in 1998, following an invitation from a distant family member, and subsequently built her life and practice here as an Osteopath, Naturopath, and Craniosacral therapist.

Over the years, her understanding of healing started to evolve far beyond relieving pain and treating individual physical symptoms – helping to inspire her unique form of energetic coaching.

"I have always been aware of the innate healing powers of the body and the capacity of each person to contribute to their own healing," she explains. "Our inherent wholeness is always present within us. Self-healing consists of reconnecting to that wholeness."

Behind the Mallorca Dream

Living in Mallorca is undoubtedly a privilege. We have the sea, sunshine, nature and a slower Mediterranean rhythm – all the ingredients, seemingly, for a naturally relaxed and happy life.

Yet Silke sees another reality within her practice.

Behind the postcard image, many people are living far from their extended families, navigating cultural and language barriers or struggling with isolation, anxiety, relationship difficulties and the pressure to succeed. "It is perfectly possible," she says, "to appear to have it all on the outside, yet are feeling unhappy and disconnected from our own nature."

Modern wellness culture can complicate matters further. We have so much more advice, products and programs available than ever before, yet this can lead to overwhelm – constantly searching outside ourselves for the next person or practice that promises to "fix" us.

"Looking for the solution outside ourselves and only relying on outside help can inadvertently disempower us," Silke's book is intended to bring the focus back to what our

bodies, emotions and instincts are already communicating.

Making Sense of "Energy"

The term "energetic healing" can, understandably, make some people skeptical. Energy is an extremely broad term, encompassing everything from the energy produced from chemical processes within our cells (ATP) to metaphysical concepts such as chi, prana, the



A Book to Be Experienced

Although Silke always loved writing and dreamt of becoming a writer as a child, *Heal and Empower Your Life* took her five years to complete. The process required her to step beyond the relative privacy of working one-to-one with clients and make both herself and her ideas more visible.

During the process of writing she found herself applying many of the same methods explored within the book (addressing her own limiting beliefs and using the power of conscious intention) to structure and formalise her concepts.

Across 13 chapters and 376 pages, Silke Maria explores the powers of the body, mind, emotions, intuition. She shares easy to follow processes of how to overcome limiting beliefs that can keep us feeling stuck, living our lives in a repeating negative cycle of experiences and situations, and how to heal the subconscious blockages underlying these.

WHEN
"HAVING IT ALL"
DOES NOT FULFILL YOU

human energy field (Aura) or the energy we experience in particular places or between people and places.

Rather than asking readers to accept a particular belief system, Silke attempts to demystify these ideas through guidance and practical experience.

"I welcome skepticism," she says. "If someone is open, I invite them to experience their own energetic perception in a tangible way."

This may begin simply by noticing which situations, environments and relationships leave us feeling enlivened compared with those that consistently drain us. That awareness can help us recognise conditioned responses and lack of boundaries, and to distinguish between an authentic "yes" and one given through a sense of obligation.

Importantly, Silke views energetic coaching as complementary to conventional healthcare, not a replacement for it. Any medical concern, she stresses, should be properly investigated to rule out serious pathology. She does not make any promises of healing; the emphasis is on supporting the individual's own capacity and wellbeing.

Silke highlights "The book is highly experiential. I invite people to be curious and open enough to try out the exercises and find out their own truth. It designed equally for newbies, readers with previous experience in energy work, as well as the therapists and healers. The book can be read at any level and explored in different depths."

Her message is refreshingly free from promises of instant transformation: **no belief system is required** and no one else can do the work for us. Instead, it is an invi-

tation to become curious, listen more closely and discover what feels true through our own experience.

Five Ways to Reconnect with Yourself Today

1. **Grounding.** Place both feet firmly on the floor and imagine roots extending into the earth beneath you.

2. **Return to your breath.** During a moment of overwhelm, pause for several slow, conscious breaths – in through the nose (and into your stomach, not your chest), and as you exhale allowing tension to soften and release.

3. **Change your state.** Sit or stand taller, lift your arms and smile gently for one minute and notice how your emotional state shifts.

4. **Conduct an energy audit.** Ask yourself: What is nourishing my energy today – and what is quietly draining it?

5. **End with gratitude.** Before sleep, pause to acknowledge what you genuinely appreciated about the day, however small. Keeping a gratitude journal amplifies the experience.

My interview concluded with a question: If readers remembered only one sentence of your finishing the final chapter, what would you hope it would be?

"You can heal and empower your life!" Silke replied "My book provides you with plenty of tools to improve your life on all levels and reclaim your birthright to become healthy, happy and fulfilled."

Silke recommends reading the book and applying the methods shared as you go along in order to experience the magic of Energetic Coaching.

Heal and Empower Your Life by Silke Maria Haas is published in English by local publisher Rapitbook and is available through www.rapitbook.com as well as on amazon.com. Further information about Silke's therapeutic work can be found at crazyhealing.eu and on her non-profit association website www.empoweryourlife-institute.com

Amanda J Butler is the founder of **MallorcaWellnessLiving.com**, writing about the island's evolving culture of wellness, lifestyle and conscious living. Discover more at www.mallorcawellnessliving.com or follow IG @amandab-mallorca.



PHOTO: © PATRICK MORARESCU