

HEARTPATH CENTER

Holistic Healing for Whole Living

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About HeartPath

The **HeartPath Center** was opened in 2005 and is located in Olympia, Washington. After traveling extensively for several years doing teaching and healing work, I envisioned creating a healing and learning center where people could come to both receive and learn holistic methods for healing the body, mind, emotions and spirit; and in the process discover and more authentically walk their own heartpaths.

Using a variety of healing approaches that are detailed throughout this website, I provide spiritual counseling and healing sessions, energy healing, angel therapy, readings, mentoring and nutritional therapy services, both in person and from a distance.

HeartPath is also a learning center where classes are provided on a variety of relevant topics including, among others, energy healing, stress management, working with your angels, and nutritional therapy. The energy healing classes provide both practitioner and teacher certification, and certain of them qualify for massage therapy continuing education credits. These classes are taught by me, as well as other teachers and healers at various times throughout the year. If you would like to be considered for teaching classes at HeartPath, please be in touch so that we can discuss the relevant details.

The community served by HeartPath includes and extends beyond Olympia, Washington and the Pacific Northwest region with outreach to serve the entire world. Members of the local community are welcome, as well as those from afar, through in-person sessions and classes and from a distance for those who it is not possible to be with face-to-face.

I will continue to travel to those locations where I am sponsored and I am also available to lead seminars and workshops and for speaking engagements on a variety of topics.

Please contact me at heartpathcenter@earthlink.net or 360-412-5433 for more information.



"When the heart is right, the mind and the body will follow."

Coretta Scott King

"Your vision will become clear only when you can look into your own heart. . . . Who looks outside, dreams; who looks inside, awakens."

Carl Jung

The HeartPath Philosophy

Years ago, and very early in my pursuit of healing knowledge and experience, I recall being in a class where we were having a discussion of the human energy system and its various chakras and energy pathways. I do not remember who the teacher was, yet I will never forget his commentary on a question that was posed by him to the group.

The teacher asked the following question: If you were told you could direct your healing attention to only one of the seven main chakras, which one would you choose and why? A lively discussion ensued about the merits of each of the chakras, starting with the root chakra, and moving up through the sacral, solar plexus, heart, throat, third eye and crown chakras, and the group came up with many reasons why each might be the chosen one.

Then the teacher provided his thoughts on the question, which in essence named the heart chakra as the primary focus. His reasons were many: (1) because the heart is the center of consciousness and the seat of the soul; (2) because most if not all of the invisible pathways to and from the other chakras and the rest of the energy system originate in and/or pass through the heart as mediator and as the commander-in-chief, which is unique to the heart; (3) because the heart is connected to the core of a person's essence and being, and always tells the truth if one is willing to listen; and (4) because the heart's energy connects to and merges the divine and the human selves, as well as the physical, emotional, mental and spiritual levels of a person's being as consciousness evolves and advances.

Though at the time my mind did not fully comprehend all aspects of what he was saying, I remember a definite sensation in my chest where I actually felt my heart waking up and confirming the truth of what was being said. This opened up new inner avenues that have led me through many stages of walking my heartpath, including a very purposeful and focused healing process that has continued to this day, and which is an ongoing lifetime practice.

In the beginning of exploring my heartpath, I saw this as only an esoteric and metaphysical truth, yet over the years have come to realize that the exercise of healing whatever ailed my heart and continuing to gradually open myself to its wisdom was, in fact, the key to healing literally everything that might need such attention, no matter whether one or more of the physical, emotional, mental and spiritual levels was involved.

More recently, after more than two decades of dedicated healing, I was receiving a healing session and had my eyes closed, when very spontaneously a vision of the image of the SKHM Shenu (see [Publications](#)) opened up full size before me, and without thinking I walked through it as though it was a doorway into a space that I can best describe as Home.

This recognition brought tears to my eyes, and as I blinked through my tears to see where I was, before me there was a rounded and large staircase that led up to where two ethereal beings sat on what looked like thrones. I instantly knew them to be my spiritual parents, and then realized that all around me were other beings who were part of my spiritual family. I was overcome with emotion and awe.

My spiritual parents then walked down the staircase to greet and embrace me, and welcomed me Home. My father and mother then together handed me a key, and told me, "now that you have come Home, you may now have full access to the healing temple." I gladly accepted the key, looked over to where they motioned and saw the open doors of the temple. As I wondered about what it all meant, the vision faded, and almost simultaneously, the healing session was complete.

To this day, I have been seeking to comprehend this vision and discover more about the healing temple and how to access its healing wisdom for everyone's benefit. As of this writing, I have recognized that the healing temple is found within the heart, and within it, all possibilities exist. An endless source of love and grace fills the space, and there are also many inner teachers who come and go as the need arises. I am also very aware that when working, my clients, students and I are inside of various rooms within the temple.

These insights are merely scratching the surface of what there is to learn and experience about the power of the heart; as intuitively I know that the heart's potential has no bounds. Yet as deeply as I know that this is true, it does not satisfy those who want a more scientific basis for these kinds of statements.

Happily, today science is making many discoveries about the heart that are documented in numerous research studies. These studies are charting the communication pathways between the heart and the rest of the body, including the brain, and are showing that the heart itself is the master director of the body. They confirm that in response to positive emotions, the heart sends potent healing instructions throughout the entire system that signal and influence brain function, as well as the nervous, endocrine and immune systems.

Therefore, by learning more about how to access the healing abilities of the heart, the potential for being able to reverse many forms of physical and psychological imbalances and disease are greatly improved. This same principle can be applied for preventative purposes. There are also huge implications for improving our relationships, ranging from those closest to us in our families and communities to the world at large.

All of this leads to the understanding that walking the heartpath is more than a spiritual pursuit, though for many, spirit can certainly play a significant role in waking up and being able to access the power of the heart. It involves all of your senses, your body, your emotions, your thoughts and your soul, providing an inner sense of purpose and direction that leads you to greater wholeness and joy.

This is not to say that the going is always easy, in fact many challenges and pitfalls are found along the way. Even so, the richness of the terrain of the heartpath makes it a worthwhile and highly beneficial way of life.

Welcome Home to your Heart!

About Diane Ruth Shewmaker,

MA, RC, NTP

I am an internationally recognized counselor, healer, teacher and author, having been an enthusiastic student and teacher of a variety of holistic healing arts for over 25 years. I bring this rich background and the experience of my own heartpath to my work as a skilled spiritual and intuitive counselor, healer, teacher and author. This background includes general, transpersonal and Jungian psychology; psychosynthesis; Gestalt theory and practice; hypnotherapy; meditation; A Course in Miracles; various body-centered modalities; and other complementary methods of healing such as energy work, rebirthing, attitudinal healing, sacred geometry and lightbody activation. Most recently, I have added studies and certification in nutritional therapy.

My professional and volunteer counseling experience has embraced working with individuals, couples and groups having concerns about balancing body, mind, emotions and spirit; life transitions and changes, grief and loss; chronic and terminal illness; relationship issues; childhood abuse; codependence; addictions; depression; anxiety; stress; and related nutritional concerns. I have also counseled people seeking to find their life's work and purpose; to open greater access to their creative talents and spiritual gifts; to connect more deeply with their own intuitive resources; and to find meaningful ways to walk their own heartpath.

In seeking to help others deal with such issues (as well as in pursuing my personal healing), I took up the study of the human energy system and how its physical, emotional, mental and spiritual components influence and interact with each other to create either a state of health or a state of "dis-ease." In the process, I became a Practitioner and Master Teacher of several energy work systems that specifically address the healing process at all of these levels.

These systems include, among others: Sekhem-Seichim-Reiki; Seichim; Isis Seichim; Traditional Usui, Tibetan and Contemporary Reiki; Karuna Reiki®; Blue Star Celestial; Lightarian Reiki™ and the Lightarian Rays™, AngelLinks™ and Clearing Program™; Shamballa Multidimensional; and Integrated Energy Therapy (IET)®. I am also a certified teacher of the All-Love Workshops (formerly known as SKHM), having completed a one-year training course and subsequent teaching and work with Patrick Zeigler, who brought Seichim/SKHM to the world from Egypt.

I am the author of the popular book, *All Love: A Guidebook for Healing with Sekhem-Seichim-Reiki*, and have been a regular contributor to publications such as the *Reiki News Magazine*, as well as other magazines and journals, with more books and articles in the works!

I am a certified as a practitioner of Heart and Soul Healing (Ken Page), The Reconnection/Reconnective Healing (Dr. Eric Pearl); and as an Angel Therapy Practitioner. by Doreen Virtue, PhD. As well, I am a Certified Instructor/Practitioner of a self-development and spiritual healing system called Kofutu Touch Healing and Kofutu Absent Formula Healing. In addition, I have studied Hawaiian Kahuna healing.

My professional background also includes nearly 25 years of human resource development and administrative experience within nonprofit, legal and public accounting organizations. Within these various settings, I worked successfully with management and staff at all levels. I designed and led trainings and work discussion groups in such topics as stress reduction and life management skills; time management; motivation; understanding and coping with organizational change; communication and interpersonal skills; conflict management; team building; diversity training; optimum wellness; and downsizing. My last position in a corporate setting was as Director of Administration and Human Resources for a nonprofit organization in Washington, D.C.

I hold a Master of Arts degree in education and human development, with a major in community mental health counseling, and a Bachelor of Business Administration in human resource management. Both are from The George Washington University in Washington, D.C. I am a Licensed Clinical Professional Counselor (LCPC) in Maryland and a Licensed Professional Counselor (LPC) in Washington, DC. In Washington State, I am a Registered Counselor (RC) and am currently in process of completing the requirements for becoming a Licensed Mental Health Counselor (LMHC). I am also certified as a Nutritional Therapy Practitioner (NTP).

I am a professional member of the American Counseling Association, the American Mental Health Counseling Association, the Puget Sound Wellness Association and the Nutritional Therapy Association. I am an ordained nondenominational minister in the Order of Melchizedek, as well the International Assembly of Spiritual Healers & Earth Stewards.

PLEASE NOTE: Please continue to follow the recommendations of your healthcare providers as the offerings provided at HeartPath complement rather than substitute for medical and psychological care. If you are seeking such services, please contact your state's medical or psychological board for a referral.

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