

meet your energy body

the wisdom of a body in burnout



for the woman who craves
a gentler relationship
with her body.



DARK MOON

ENERGY WORK



well hello...
you must love your body a lot.
(I can tell because you downloaded this guide, which is a big deal.)

This guide shares an energetic perspective on the body and well-being. It is not a substitute for medical care, diagnosis, or treatment.

The concepts presented here are meant to support your awareness and self-understanding, alongside any medical or professional care you may choose to receive.

© 2026. Dark Moon Energy Work, LLC
All rights reserved. No part of this material may be reproduced or distributed without permission.

meet your energy body



i have a feeling...

...you already sense there's more to your body than just what you can see, touch, and read about in wellness blogs.

And you're right!

your body is a divine portal for life.

It has access to tools, wisdom, and power that you don't currently realize.

Think back to your middle school and high school days...

What were you taught about your female body?

Its parts and pieces?

How it works?

How to treat it?

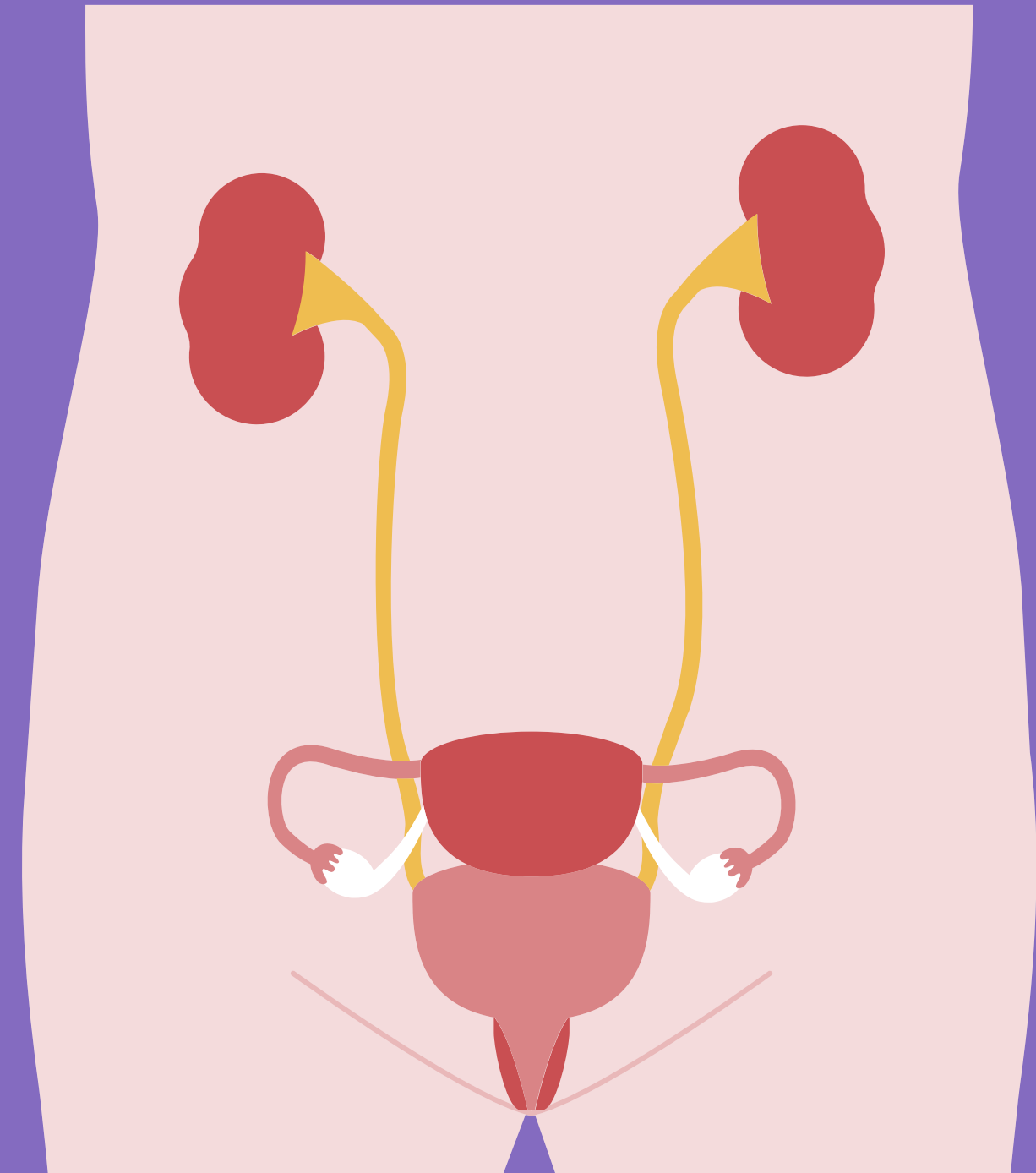
How to *manage* it?





**a lot was missing from
that education.**

Like, a lot.





this guide is just the tip of the iceberg...

...an “appetizer,” to get you acquainted with your body in a new way.

After reading this, you’ll begin to understand your feelings of low energy, depletion, and disconnection as messages to get your attention.

And, I have a feeling, you won’t want to stop exploring all the ways your body is talking to you!

meet your energy body



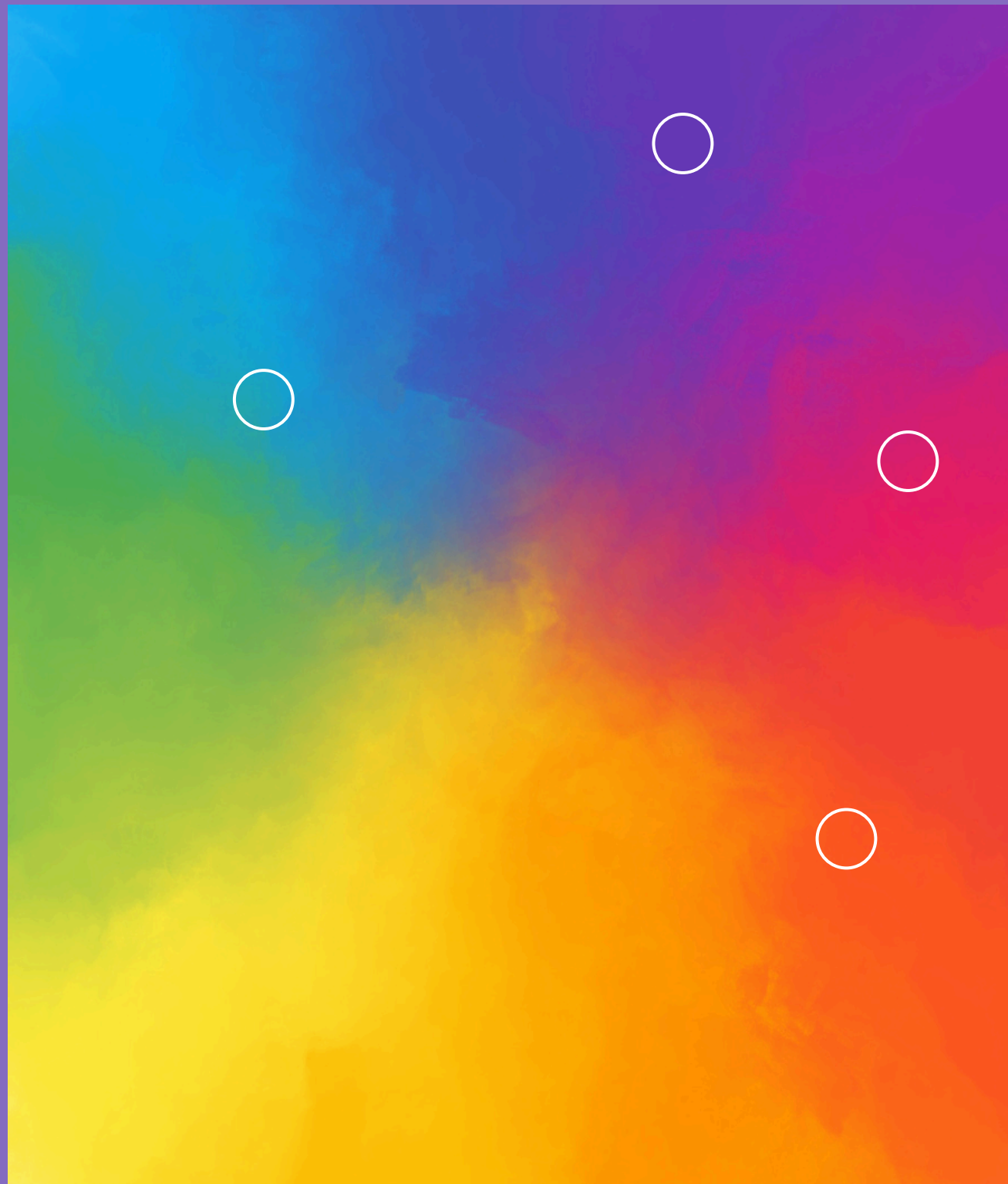
DARK MOON
ENERGY WORK



this is where we start to
listen deeply.

Let's begin, shall we?

meet your energy body



pick a color.

Pick any color from the adjacent spectrum that you feel drawn to today.

Then read the paragraphs on the following two pages silently or aloud to yourself.

meet your energy body



“My color is _____ [name your color].

*“I love my color, and it loves me. Today, I choose this color as my healing color, to nourish me: body, mind, heart, and spirit. My color wants to come and flow through me, and I allow it. I see it rushing toward me, collecting all around my body, like **it can’t wait to help me.***

“At first I just watch it, noticing the brightness, the texture, the coolness or warmth. The more I look at it, the more I love it! I try smelling my healing color, then tasting it. What does it smell and taste like?

*“My healing color feels so good, **I want more of it!** I feel it come into my head, relaxing my forehead, eyes, jaw, ears. My color fills in my whole brain, and it gets quiet and calm.*

“Then it flows down my neck and shoulders, softening any tension. I feel my color run down my arms, into my hands and fingers, helping me let go of anything that isn’t mine...”



“Thank you, healing color.”

meet your energy body



“It continues...

*“...spreading around my back like a hug, filling my heart and chest, allowing me to be soft here. My color flows into my belly, relaxing my stomach and digestion. **‘You don’t have to try so hard,’** it says.*

“My healing color moves down and spreads throughout my womb. It feels gentle and supportive here. It helps me remember my power to create absolutely anything, without limitation or struggle.

“I watch and feel my color flow down both legs, into my feet and toes. With its help, my legs feel strong and able to move forward with ease.

*“I inhale my healing color, feeling it continue to fill me in. **But it doesn’t stop there...***

“My color spreads out all around me, creating a bubble that is safe and light. Here I can be myself, without pretending or performing for others.

“My bubble doesn’t just protect me; it attracts beauty, love, inspiration. I can walk through the world in this bubble and be totally at ease.



“My healing color continues to support me and give me peace as I continue reading, and for the rest of my day.”

meet your energy body



guess what?

You just gave your energy body a healing.

Great job!

this is me,
cheering you on!

there's more than meets
the eye...



meet your energy body



DARK MOON
ENERGY WORK

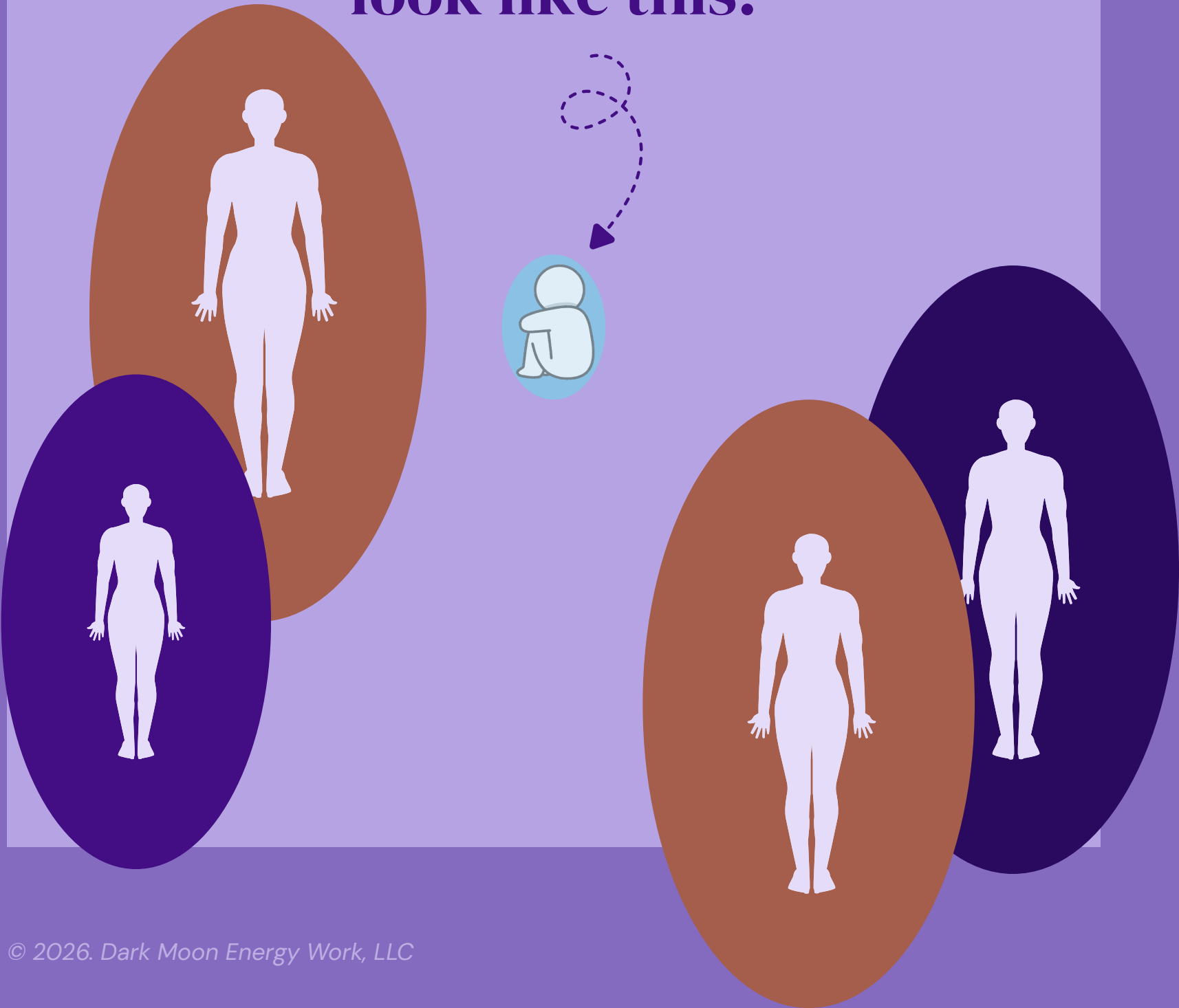
**your energy body can
look like this:**



**while your physical
body looks like this:**



**your energy body can
look like this:**



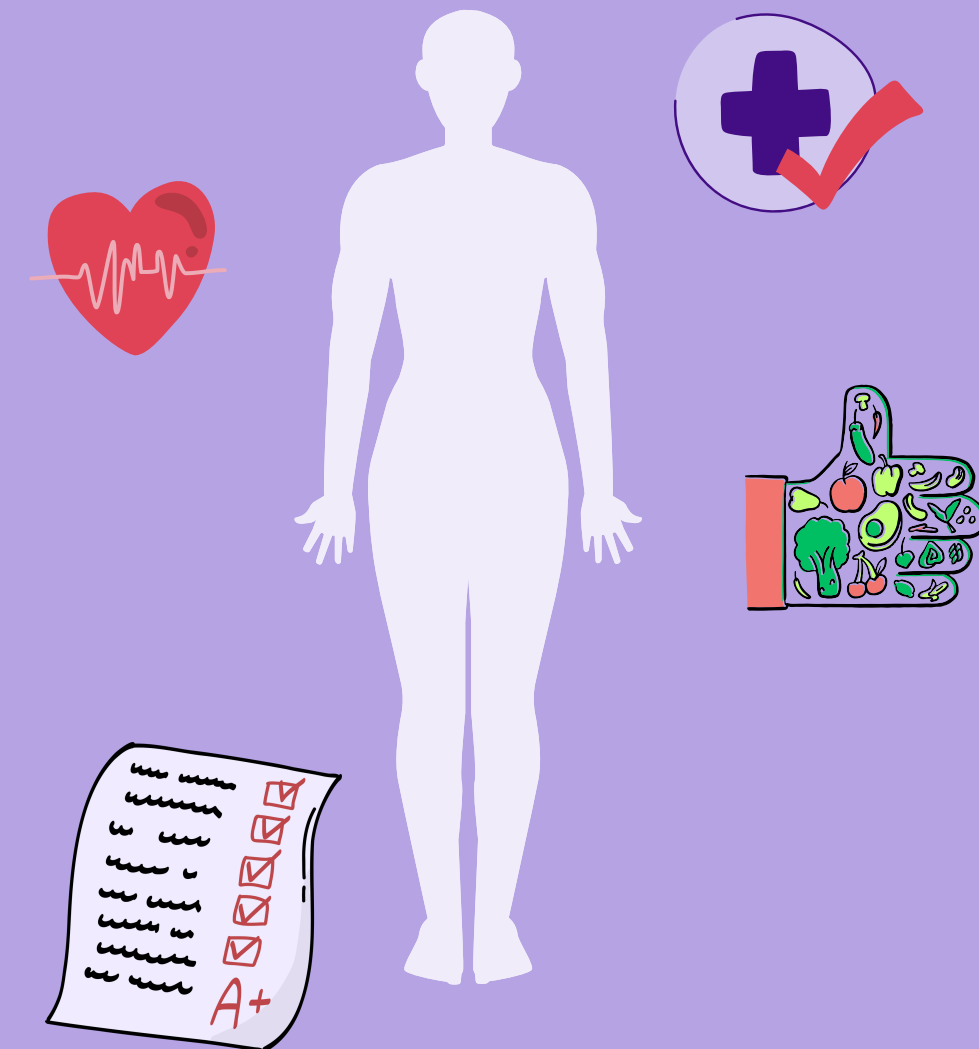
**while your physical
body looks like this:**



**your energy body can
look like this:**



**while your physical
body looks like this:**





this is why existing systems consistently fail us.

- You know something's wrong, but all of your tests are normal.
- Something doesn't feel right, but they say it's **"all in your head."**
- You have a constellation of "vague" symptoms (chronic pain, irregular cycles, insomnia, persistent fatigue, etc.), but they blame it on stress and recommend pharmaceuticals or meditation to "relax".



you're not crazy...

Your senses are **on point.**

You're tuning into aspects of your body that most practitioners don't even know exist, let alone examine.

You might experience it like this:

- *"It feels like my body is working against me."*
- *"I just **don't have enough energy** to do everything I need to."*
- *"Every time I go on vacation I get sick."*
- *"I take good care of myself, why do I still feel **so tired?**"*
- *"I'm 'healthy' on paper, but **something still feels off.**"*

meet your energy body



everything is energy.

And energy *moves*.



this is your body.





in biology class, you probably learned these parts of your body

Systems:

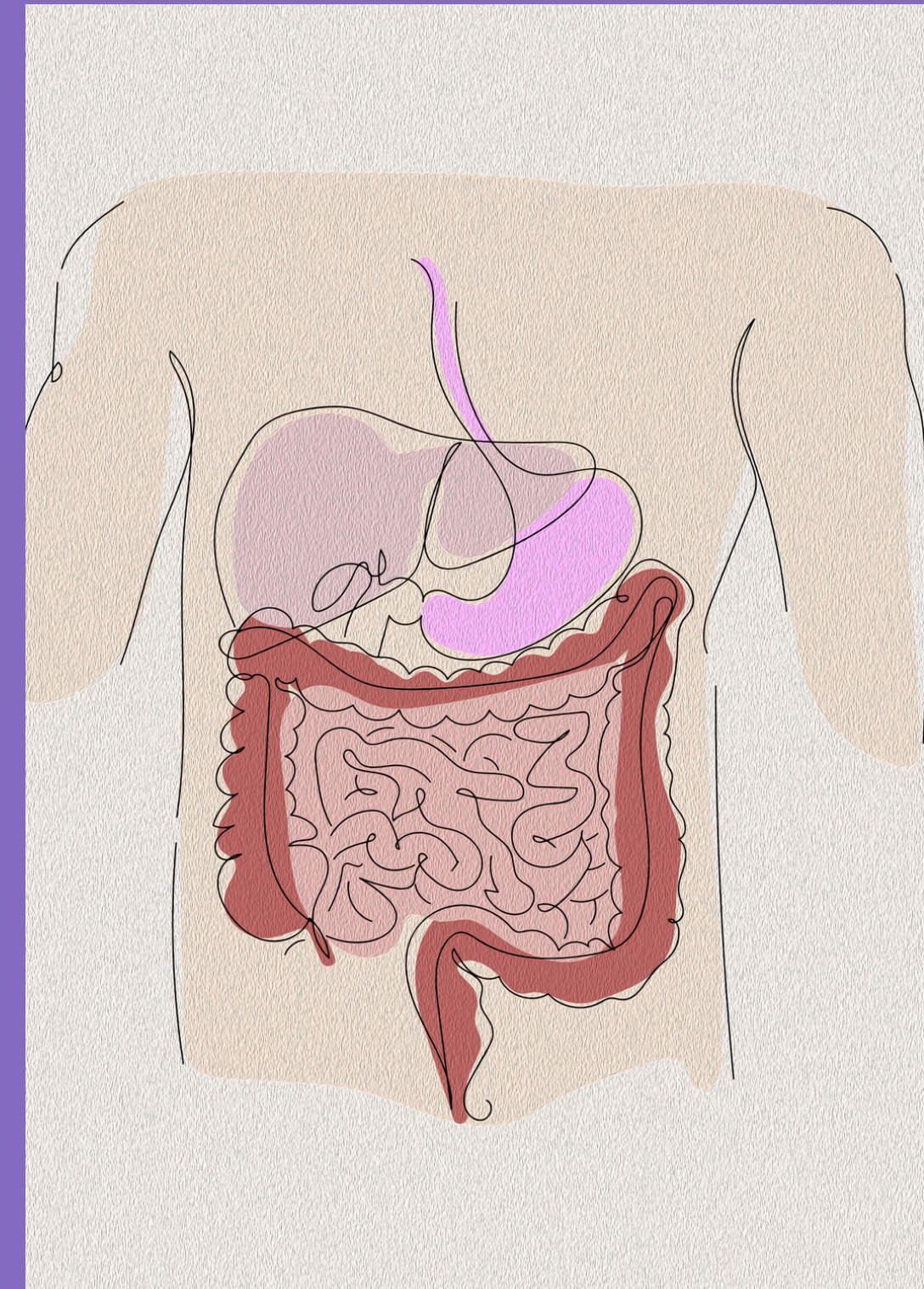
- Respiratory, circulatory, digestive, nervous, endocrine, reproductive, skeletal, and muscular.

Structures:

- Cells, tissues, organs, bones, muscles, blood vessels, glands, and nerves.

Functions:

- How cells divide and specialize, how organs perform specific roles, how hormones regulate body processes, etc.





in health class, you may have learned this about the female body

Structures:

- Ovaries, fallopian tubes, uterus, cervix, and vagina.

Processes:

- The menstrual cycle, but ***only as it relates to making a baby*** (ovulation, fertilization, pregnancy, and childbirth).

Health topics:

- Puberty changes, menstrual hygiene, contraception, and prevention of sexually transmitted infections.

what's missing?

These are all important and fascinating aspects of our being.

And they're all limited to the **physical**.

So what's left unanswered?



when things just “feel off”...

...we’re taught to look for physical explanations and implement physical solutions: diet, exercise, supplements, sleep hygiene, etc.

Those approaches matter.

But they don’t always get at the root of why **certain burnout patterns repeat**, or what to do when **physical habits won’t stick**.

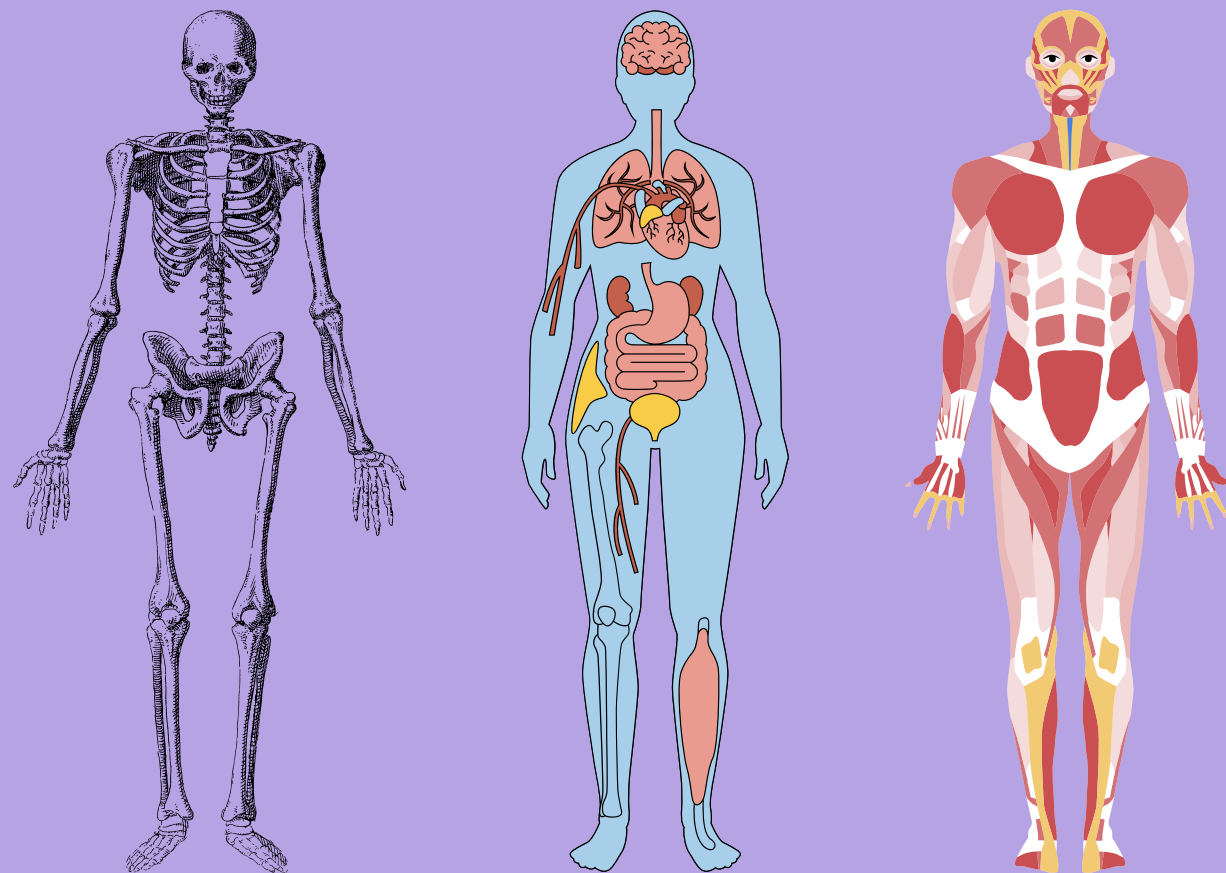
This is where the energy body offers another lens.



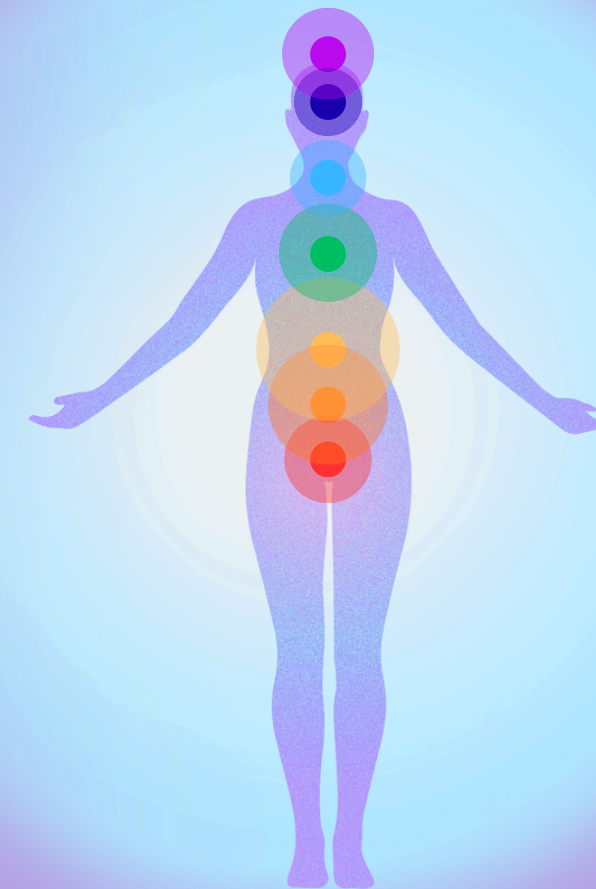
**introducing:
your energy body.**



this is your body:



this is also your body:





your aura (aka: biofield)

The human body generates measurable electromagnetic fields, including those produced by the heart and brain.

Your aura is a part of your energy anatomy created through a combination of electromagnetic and other subtle energies.

It's a multi-layered field around your physical body. It changes size, shape, and colors based on your experiences.



your aura serves multiple functions

It defines your space:

Your aura acts as an energetic boundary between you and other people.

It's a two-way communication filter:

Your aura filters information from the world around you and communicates your energy to others.

It's a magnet:

Your aura reflects and draws in energy aligned with your *thoughts, beliefs, and feelings.*

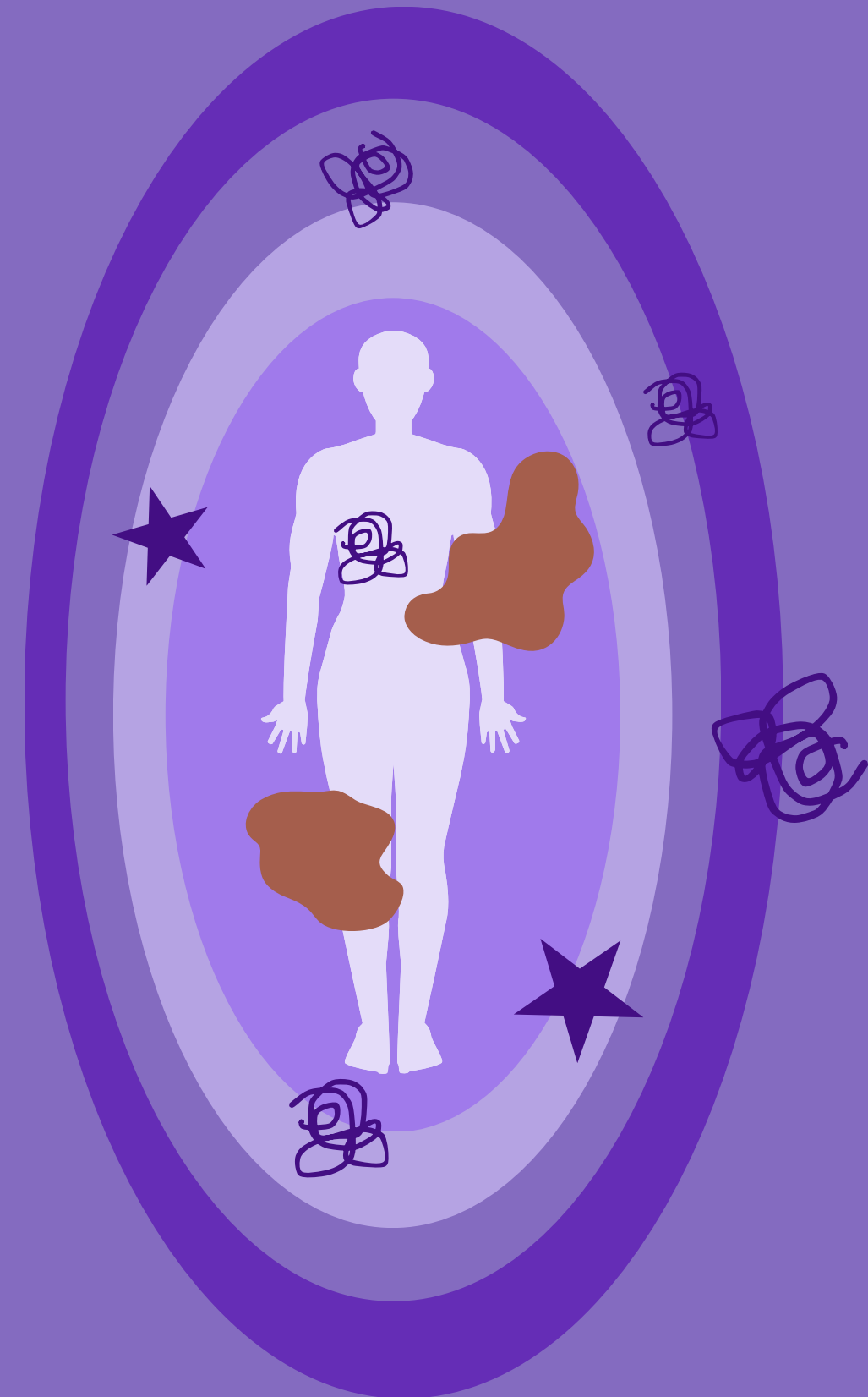


how does your aura affect your experiences?

Think of your aura like a home.

Whatever you attract and allow inside shapes
how safe, calm, or chaotic it feels to live there.

And how **crowded** it feels.





what is your body saying about the home (aura) it lives in?

Is it filled with other people's dirty laundry? Is there no food for you in the refrigerator? Are there strangers crashing on your couch?

When our home doesn't feel tidy or like it's ours, it's overwhelming. We feel exhausted.

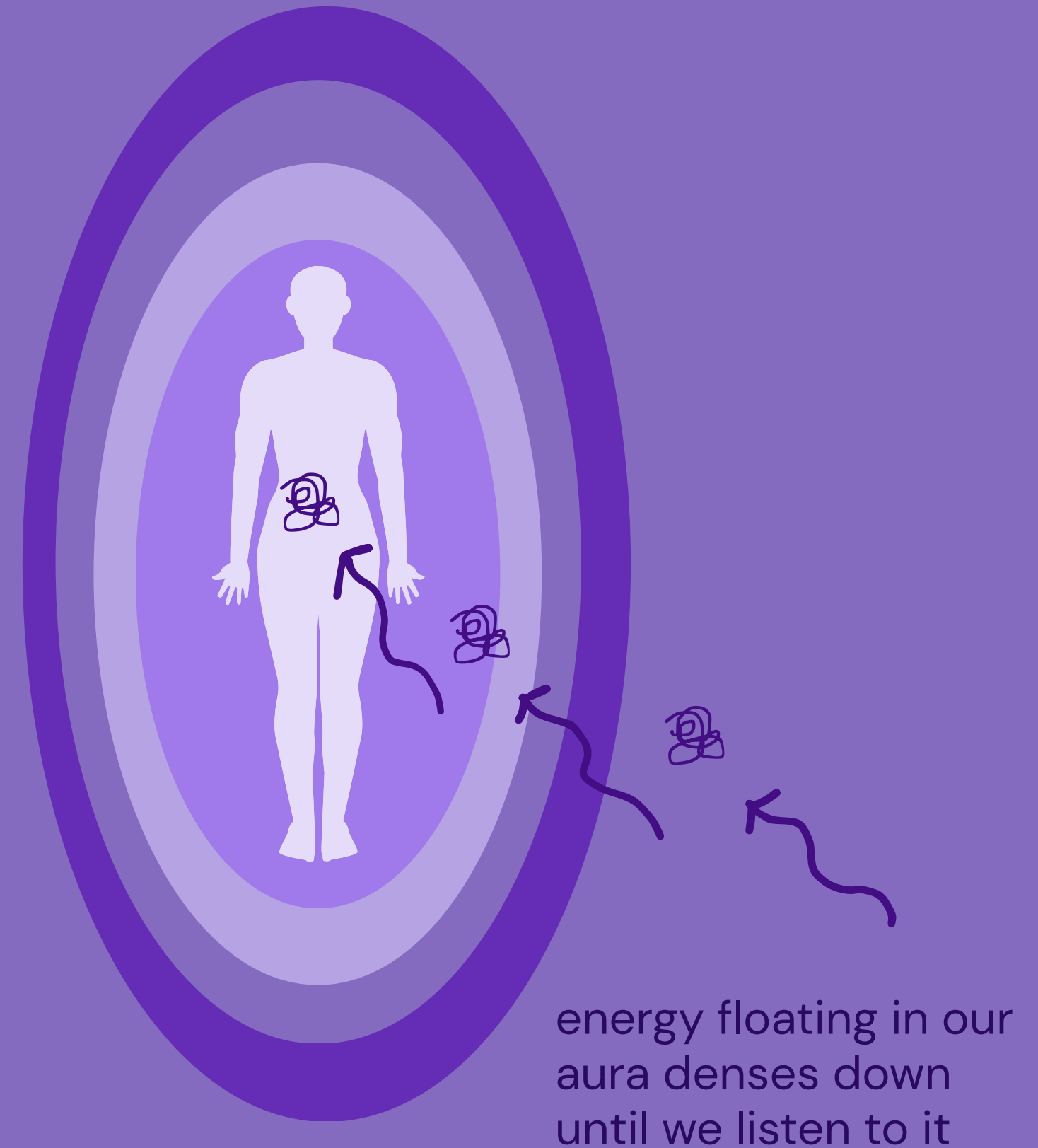
There is no reprieve, because no matter where we go, we are still in our aura. With all this *stuff*.



this eventually affects your physical body

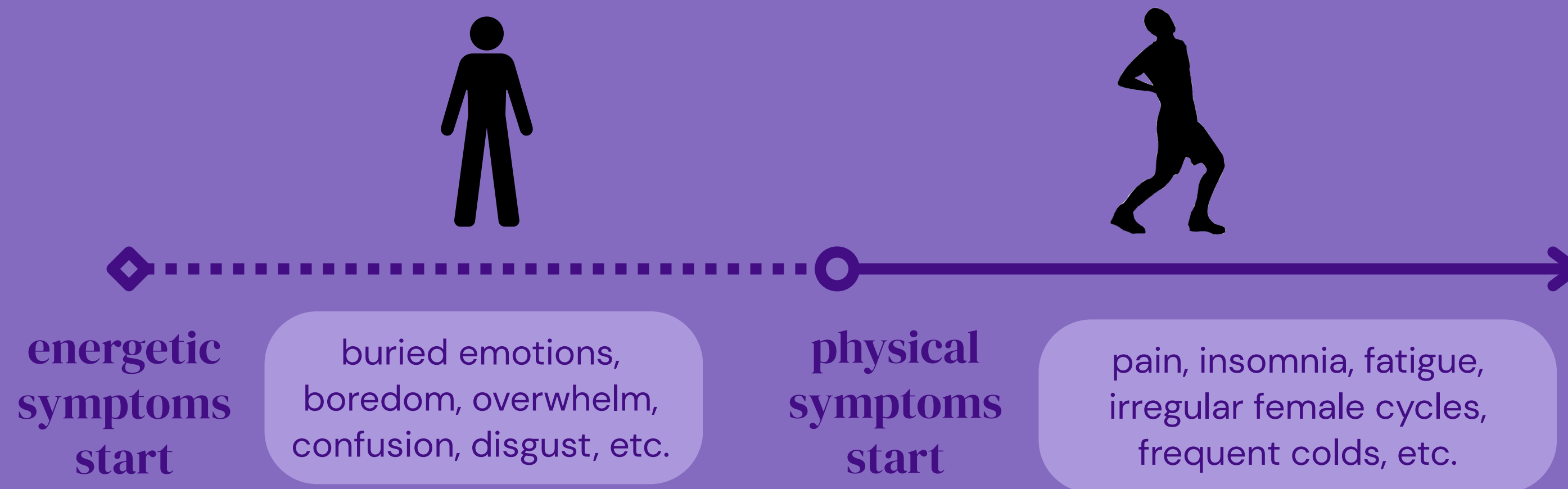
The energy that enters and lives in your aura creates your reality.

That's because your physical body is a sponge that absorbs whatever is in your aura.



what this looks and feels like

This is how disharmony in your aura expresses itself



meet your energy body



DARK MOON
ENERGY WORK



many people suffer because they
don't realize they've given up
authority over their body – their
energy body

**it's not your fault.
when we're not taught about our energy body...**

- We easily feel overwhelmed, which can paralyze us
- We match the fear of others around us, resulting in poor decision making
- We get confused about what we want for ourselves vs. what other people want from us, and end up living lives we don't enjoy
- We continue to try and solve things *physically* when the root cause is much deeper



meet your energy body


DARK MOON
ENERGY WORK

the really good news

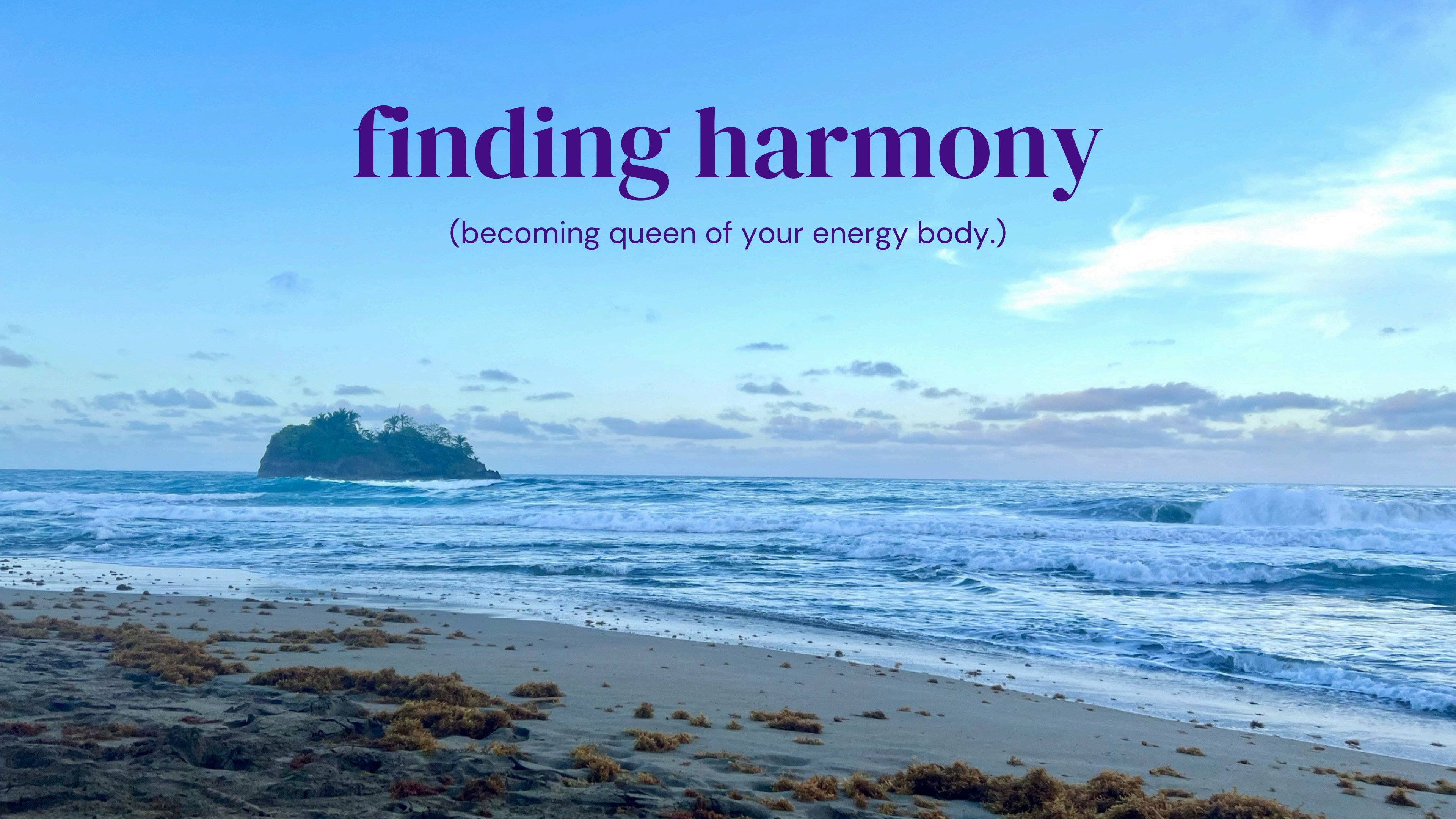
This is your body working as it's meant to. It's communicating with you – sometimes it whispers, and sometimes (if we ignore it) it screams.

You're already learning how to listen more closely to it.



finding harmony

(becoming queen of your energy body.)





your aura is yours.

Just like your home, nothing lives in your aura without your permission.

You're the queen of this space – **you are capable of setting a gentle and easeful energy for yourself**, and removing anything that causes disharmony.

This is what your body is asking of you when it starts to drag, get hurt, or tap out.

what does harmony feel like?

A grounded and harmonious aura feels like **you.**

"I hear my voice clearly above all the noise."

*"I have **certainty** over where I'm headed,
even if the details aren't clear yet."*

"I don't need external validation to know I'm on the right path."

It doesn't mean you're happy all the time, but your emotions feel right-sized, appropriate, and within your capacity to feel and learn from.

When your body talks, you're able to listen.

you might be wondering

*“What **patterns** are shaping the way I use my energy that I haven’t been able to see?”*

*“Why do I keep **ending up in the same cycles**, even when I try to change?”*

*“What is my body **actually trying to tell me**?”*

These are questions we can explore together.



meet your energy body



a psychic energy healer bridges the gap.

“Psychic”

Means we’ve honed our abilities to sense energies beyond what the human eye can see, so that we can translate it back to you.

“Healer”

Means we can facilitate movement of energy with precision and intention, based on what serves your highest good.

(Note: Ethical psychic healers only read and heal others with their consent.)

meet your energy body



but first...

Before your body can fully receive support, attention, healing, or abundance, it has to believe it's safe to receive from *you*.



the secret to caring for your female energy body

Give to yourself.

If you only take one nugget away from this guide, let it be this:

Your female body is a magnet. Not a machine.

Fill your aura and your body with as much of the things you love (and as little of everything else) as possible, and you will naturally attract more of it.

This is what burnout is saying: **You don't need to work as hard as you think you do.**



if giving to yourself feels hard...

You're not alone.

This is one of the most common patterns I see women face: **the ability to receive.**

What this looks like:

- It's easier for you to give a gift than receive one.
- When someone gives you a compliment, you dismiss or downplay it.
- When you plan to ask for a raise, **you negotiate yourself down** before even entering the room.
- You make your needs smaller to **avoid "inconveniencing" others.**

meet your energy body



if you're craving a gentler relationship
with your body, this is the foundation.





Learn to Receive: Stop Overgiving & Reclaim Your Energy for Yourself

I created this healing activation and guided training to help you shift out of overgiving and begin supporting yourself in a **more sustainable way**.

In this 1.5-hour session, you'll:

- recognize overgiving as a changeable energetic pattern, **not who you are**
- learn how to **shift your energy** without forcing or over-efforting
- begin to feel what it's like to **receive without guilt**

This is not about doing more. It's about changing how you relate to yourself and your energy.

meet your energy body



special just for you...

If you've made it this far, you're likely ready to go deeper.

To support that next step, I'm making **Learn to Receive** available to you at a reduced rate:

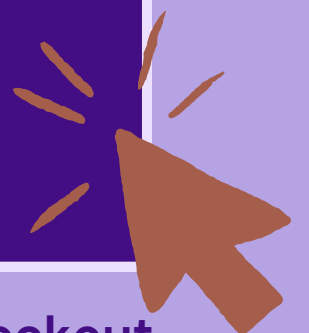
Originally \$97 → now \$49

This is an opportunity to practice receiving in a simple, tangible way – not by doing more, but by allowing yourself to be supported differently.

Get exclusive access:



**I'm Ready to
Receive**



Use code **MORE4ME** at checkout

meet your energy body



above all, honor your self.

In case no one else has told you, **your body is sacred.**

Yes, sometimes it's messy. It hurts at inconvenient times, gets tired, grows old. But it's the only thing in this world that is ***truly yours.***

No one else on this planet will treat your body the way you will.

It's the home that follows you wherever you go, the place you will never leave until you depart this earth for whatever comes next.

Don't abandon it. Try your best to treat it kindly. In so many ways it is wise beyond what you realize.

Honor that wisdom. **Own it.**

And keep exploring.



hi, I'm Kristy.

I wasn't always psychic. I cultivated my clairvoyance and healing skills through hundreds of hours of training and under the guidance of teachers hailing from the longest-running psychic institutes in the U.S. I combine these tools with an understanding of the human energy body as a certified Jin Shin Jyutsu® practitioner. With time and consistency, the same practices I now teach helped me **heal chronic pain I suffered with for years.**

Now, **wise women find me when they're ready to pull back the curtain** and understand the forces at play *under the surface* of their lives. I love sharing with you all of the fascinating ways energy expresses itself in your body – not just to feel better, but to truly thrive:

- *to create what only you can create*
- *to love bravely and deeply*
- *to experience joy without feeling guilty*
- *to be successful without needing to sacrifice for it*

I believe we all deserve that.



take good care.

-kristy

it doesn't have to end here...

**Learn to Receive:
Stop Overgiving & Reclaim Your Energy for Yourself**

Redeem your special rate:
use code: MORE4ME