

# Therapist aims to cleanse local souls

By Douglas Farmer  
Staff Writer

WILBRAHAM – If it is true that we are the sum of all our experiences, then all sides of the equation are not always good, said healer C.J. Martes. But she said with the aid of a spiritual awakening and the techniques of a process called “soul clearing” it is possible to remove the negative imprints that prevent us from progressing in our lives.

Always one who enjoyed working with people, Martes has had a number of spiritual experiences that she believes were God’s way of showing her the path she was supposed to take. So within the last two years, the Kansas City, Kan. native has conducted workshops throughout the United States and other countries to help people achieve happier, more fulfilled lives.

## Understanding and Balance

Martes will be coming to Awakening Heart in Wilbraham United Church this weekend to both describe her own experience as well as work with others to fully understand and balance their own lives.

On Friday, March 4 from 7 p.m. to 8:30 p.m. she will be giving a public lecture called “Awaken our Angel Within” that will introduce people to the subject of soul clearing. Then on Saturday from 10 a.m. to 6:30 p.m. and Sunday from 1 p.m. to 6 p.m. she will be giving training to those who wish to learn how to identify and release negative memories that have impacted the pattern of one’s life.

More information on these programs can be obtained by calling Awakening Heart at 596-8488.

Martes said the concept of her work is called Akashic Field Therapy (a name she is attempting to trademark), and



TIMES photo submitted

**C. J. Martes will lecture on “Awaken the Angel Within” on March 4 at 7 p.m. and a training on March 4 and 5.**

involves finding information about our lives in the energy inside everyone – that comes from God – and then calling for the release of what is holding us back and its replacement with a more positive framework.

“In a workshop, I use a series of charts that describe certain kinds of trauma and emotional states to help people identify what they have felt,” she said. “And then we go a step further and help people understand what the imprints were stored for or what their minds were trying to learn from them.

“We ask for their release and then I give them follow-up work (yoga, journaling or some other approach) to do on their

own to continue the process. After all, it is the client’s choice what to do with the information.”

## Sharing What She Learned

Growing up in a small town in Kansas, Martes said her family was heavily rooted in the medical field and she attended Catholic school growing up. After experiencing a variety of spiritual messages from God through angels, she said she knew she wanted to share what she had learned with others.

“When I became so wide awake to the energy around us I could touch people’s hands and feel what had happened to them,” she said. “But I didn’t want to just do palm reading, I wanted to do something practical that would help them live better lives. I believe God intends for us to live happy, fulfilled lives.”

After studying with a variety of new age and spiritual practitioners, she said

she came to offer her own programs, and feedback has been considerable on what she offers.

“Most of the people who are drawn to this type of therapy are open to it because doors keep shutting on their careers, families or relationships and they have exhausted a lot of other alternatives,” she said. “But once their Akashic records are known to them, the vast majority of people who communicate with me after these sessions say it has made a very positive impact on their lives.”

She said she became aware of Awakening Heart through a holistic therapist named Sandra McKee who lives in Connecticut and had worked with the spiritual health center in the past.

In time, Martes hopes to conduct conclusive research on the long-term effects of soul clearing on clients.

## Gardening classes with Marge Trimble

WILBRAHAM - Awakening Heart at Wilbraham United Church, will offer a series of gardening classes taught by Marge Trimble, owner of Fox Run Farm Home & Garden and President of the Wilbraham Garden Club. Each class includes a slide presentation and meets from 7 p.m. to 8:30 p.m. The fee for each class is \$15.

Upcoming classes include There Are Ladies in the Garden, Monday, March 7; On The Windwall, Monday, March 28; Gardening Is For The Birds, Monday, April 4; Bulbs From A to Z, Tuesday, April 19; Perfect Perennials For New England Gardens, Monday, May 9.

Call 596-8488 to register.

## Cooking instruction at Village Store

WILBRAHAM – Chef Jennifer Winnick will conduct a hands-on cooking class at the Village Store & Café, Wilbraham on Wednesday, March 9 from 6 p.m. to 8 p.m.

The class will include techniques for enhancing the flavor of a variety of

spices in recipes such as Chicken Satay with Spicy Mango Dip, Thai Curried Vegetables with Tofu and Jamaican Coconut Spice Cake.

The cost is \$47 which includes materials, recipe packet and menu tasting. To register call 531-6700.