

# THE FARM

## AT SAN BENITO

### **Macgerald V. Cueto**

**RMT, MscD, MSAHP, CAA, ADS**

*Reiki Master/Teacher, Metaphysician, Acupuncturist, Acupuncture Detoxification Specialist*  
Sunday & Monday

Professor Mac is an Energy Practitioner, Spiritual Mentor and Holistic Life Coach. He holds a professional doctorate in Metaphysical Science (University of Sedona) and a MS in Asian Health Practices (UERMMMCI). He also completed his training in Acupuncture from INAM Philippines and Acupuncture Detoxification from NADA Philippines. He is also a Certified Acupuncturist by PITAHC-DOH (Philippines). He has trained under several respected mentors for Reiki, Metaphysical Counseling, Self Transformation, Holistic Life Coaching and Hiyang Filipino Spiritual Healing.

He is always been intuitive at an early age but had honed his Divine given gifts in the early 2000's and had since accepted students for Energy Healing, Spiritual Mentoring and Holistic Life Coaching on an one-on-one or small group basis. He facilitates classes on Holistic Wellness, Energy Healing and Asian Health Practices at Light Infinity Wellness Center, Christ Healing Center at La Consolacion College Manila and UERMMMCI Graduate School.

### **SPECIALIZED TREATMENTS & SERVICES**

#### **ACUPUNCTURE**

**PHP 2,400++ 60 Minutes**

Acupuncture is the most notable medical discovery from China. Five thousand years of clinical experience from over hundreds of millions of people, acupuncture is now accepted worldwide as a therapeutic modality for pain as well as chronic medical conditions. Fine stainless steel needles are inserted on specific acupoints in the body depending on the condition of the patients.

#### **EAR ACUPUNCTURE DETOXIFICATION (Acudetox) Effective for Treating Addictions**

**PHP 2,400++ 60 Minutes**

Ear Acupuncture is based on the fact that there are points for the entire body mapped out on the ear's surface. In 1974, The National Acupuncture Detoxification Association (NADA) through Michael O. Smith MD D.Ac., a psychiatrist, has developed a protocol to treat addictions using five acupuncture points on each ear.

These points include:

- Shenmen or "Spirit Gate" – used for calming and relaxing
- Sympathetic - used for relieving tension
- Liver – used to detoxify, as well as to relax and relieve anger and frustration.
- Kidney – used to strengthen the willpower and release unwanted toxins.
- Lung – used to help respiration, as well as for detoxification.

Aside from addictions, this five point protocol has also been found effective for stress reduction, emotional trauma management, smoking cessation and treatment of other illnesses such as Alzheimer's disease and Dementia.

### **INTUITIVE COUNSELING**

**PHP 3,800+ +/60 Minutes**

The Intuitive counselor is able to use his/her intuition, subtle faculties and perception to identify and seek a holistic resolution for the client's personal issues or conflicts usually masked by destructive emotions or situations. The session is free flowing and focuses on the root cause of personal conflict. The session can be conducted with the aid of counseling tools such as Angel or Higher Self Communication, Saiwala Cards, Soul Cards and the like.

### **SACRED PARTNERSHIP**

**PHP 7,200+ +/3 Hours**

Sacred Partnership is a 3 hour workshop for parents, couples, and conscious dating singles but is open to all interested.

The purpose of the workshop is to open you to *being* the love you want to attract in your life. Learn to embrace and practice the true art of self-love. Explore the sacred marriage of the Masculine & Feminine aspects within and to come to see the sacredness in all relationships – even those that challenge us.

Sacred partnerships will cover the following:

- Marrying the divine male & female aspects within the self
- Human partnerships and how they relate – the highs and challenges within them
- Self-love as the ultimate relationship and how it relates back to the Source
- Peace and conflict and divine healing of these two within self
- Marrying your body: physical care and love experienced by it
- Feng Shui for Love and in the bedroom
- Crystals, music and color energetics
- Loving kindness meditation

### **GUIDED MEDITATION**

**PHP 2,000+ +/30 MINUTES**

Meditation is a form of mental discipline to achieve a state of relaxation or awareness leading to the expansion of one's consciousness. Professor Mac will guide you as you embark on a journey to quiet the mind, release stress and improve the oxygenation of the entire body.

- Pranayama
- Thought Labelling
- Cognitive Imagery
- Moving & Walking Meditation
- Eating Meditation
- Transcendental Meditation
- Using Sounds and Mantras
- Creative Visualization
- Loving Kindness

## **LIFE FORCE NOURISHMENT**

Life Force Nourishment is a form of therapy that allows the patient to fully experience sense impressions or emotions thereby re-connecting him to his “inner essence,” that part of his being that does not get diseased. The patient is guided to navigate through these experiences in a safe and nurturing space. It also develops his senses to healing energies available to him through nature. In order to tap into this healing fountain and allow the energy to flow one has to be aware, totally open and connected.

### **REIKI**

**PHP 3,800+ +/60 Minutes**

Reiki is a Japanese Healing Art, that is gentle, profound and a non-invasive therapy. Reiki is a specific type of subtle energy work in which healing is performed by the touch of the hands, allowing the flow of the energy from a limitless source to the patient via the Reiki practitioner. It is extremely powerful, yet gentle energy that can be easily channeled to yourself and others, just by *intention*.

Reiki healing is a pure energy form. When it is combined with the sincere Desire of the Healee, who is willing to effect a cleansing within their emotional and spiritual consciousness, a total healing can occur.

Reiki is excellent for healing any physical, mental, emotional and spiritual issues of any kind and it gives wonderful results.

## **BIOGRAPHY WORK & JOURNALING**

**Private Session PHP 3,800+ +/60 Mins**

**Group Session (Min. 4 Persons) PHP 1,000+ +pp/60Mins**

A biography is a personal history of memories, experiences, strife and success specifically written to introduce and understand a significant person in society.

A Biography as a form of self-reflection is a powerful tool for gathering information not only of the fore mentioned but also of the aspects of personal health. A structured process is employed to identify health concern patterns and its correlation to his/hers personal life milestones. This insightful activity will enable the guest to identify these health, relationship and emotional patterns that had contributed to illness and there by prevent such illnesses from reoccurring thus attainment of personal well being and health.

### **ART THERAPY**

**Private Session PHP 3,800+ +/60 Mins**

**Group Session (Min. 4 Persons) PHP 1,000+ +/60 Mins**

Art therapy is a specialized way of using the power of the creative process as a vehicle for healing, communication, self-expression and personal growth. It is a method of treatment in which art and psychology are uniquely combined to explore the experiences of an individual or group.

Art has the potential to change lives and in profound ways. When words are not enough, we turn to images and symbols to tell our stories. And in telling our stories through art, we can find a path to health and wellness, emotional reparation, recovery, and ultimately, transformation.