

Violeta Burja
Healthy Mind Healthy Life!

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Text by John Robert Mack | Photography by Wally Lafaiete

Violeta Burja has changed my life. When I entered the cozy home office where she conducts energy healing sessions, I brought with me an uncomfortable knowledge that I'm spinning my wheels these days with no idea how to change that. When I left two hours later, I felt lighter, and I understood the steps I need to take to start moving forward.

"That's what drives me," she told me. "It's great to see the hope in someone's eyes, the shift in the energy of a person. It's not necessary for people to go through so much pain in their life. They just have to change their perspective."



Violeta Burja: Intuitive Energy Healer & Life Coach

Helping her clients make that change is exactly what she does. I should know; before the interview I had an energy healing session with her that I am still thinking about a month later. Bear in mind, I went into the session with a reporter's skepticism. Afterward? As far as I'm concerned, she's the real deal.

How does someone change their perspective?

If you climb up a small hill you can see further... well, some people don't hike at all, of course, and so they see nothing, but if you climb up a hill, or if you stand on a mountain, you can see further. From the top of Mt. Everest, you can see a lot. You see the big picture. That refers to our perception of the world, our lives and everything around us which can be changed by lifting our awareness and raising our vibration to higher levels of existence. Only when we change from the inside will we change the life, people and circumstances we experience. Our life is a mirror of our inside world. If you want to see something else in that mirror, you have to change yourself first. Not others, not your partner, boss, parents... just yourself! And then, things will shift. Getting there is a long-life process of conscious decisions made every single day. You need a willingness to change and take responsibility instead of insisting on the role of victim, an understanding that the power to change is already in every one of us, and an unshakable belief in a higher good.

And what is your big picture?

Mine? I am here to help others, to lift the

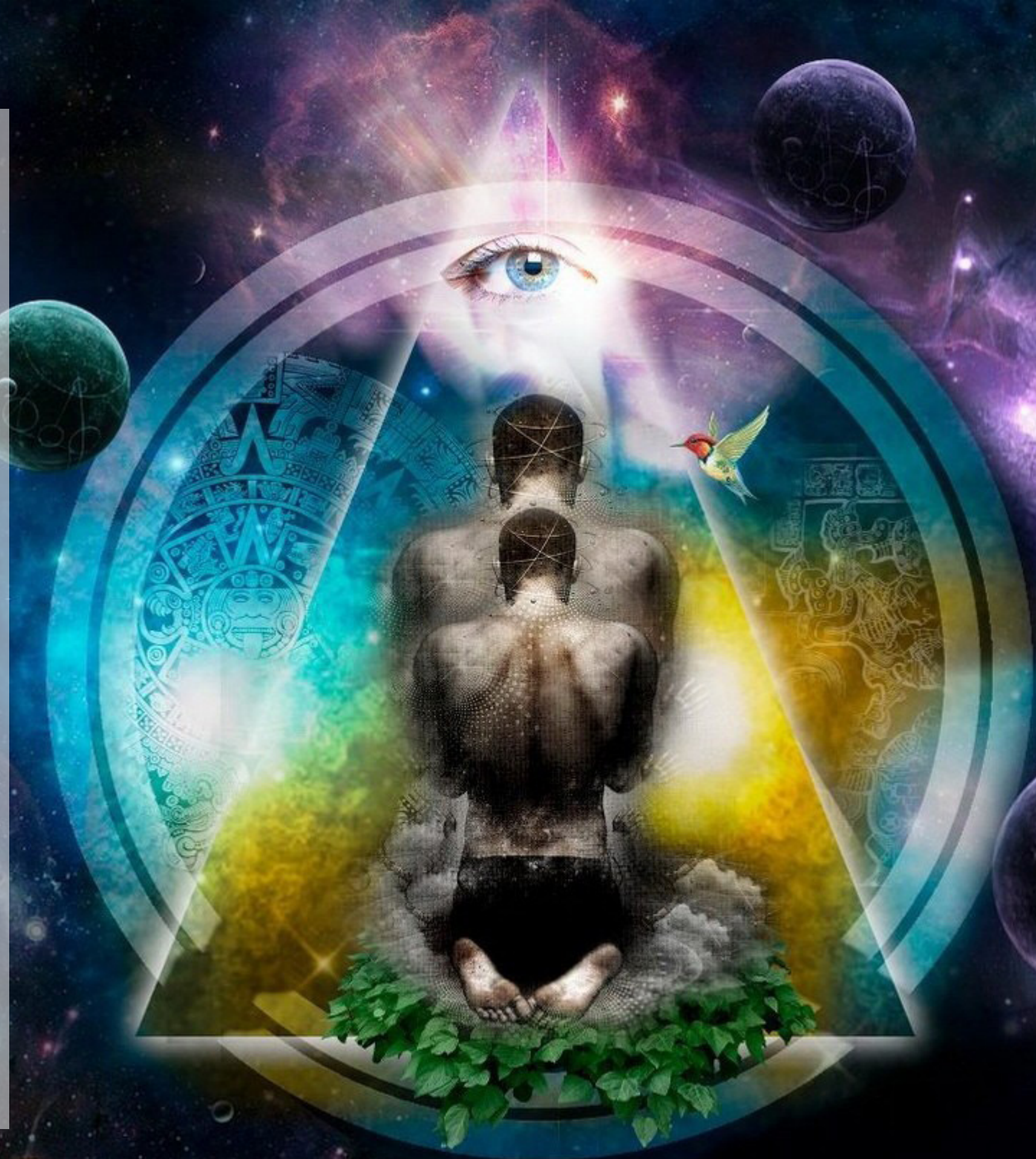
clouds and shine the light. I don't want it to sound too mystical or pretentious, not at all, but I want to help shine the sunlight through the clouds, so people can see the view from the mountaintop, to see how their life could be better, or happier, or healthier. I want to give them the tools to achieve their goals, to reach their potential.

Why do you suppose so few people are able to do that on their own?

Because we are not taught to think that way. Many just don't know how, and it's sometimes easier to blame others for our misfortune than admit we're wrong. Besides, I've learned over the years that we are all on different stages of our journey, everybody has different lessons to learn in this lifetime and their own pace to learn them. Some people are willing to climb the mountain. Some are afraid to take the first step. And that's fine, too. Nothing is better or worse, it's just different. There's a right time for everything.

And how do you help them take that first step?

It's important to understand we are not just physical beings. Of course, we have physical bodies, but there is so much more to it: emotional, mental and spiritual levels of our existence. Even though we cannot see those levels or touch them, they're there, interconnected with our physical part. Other levels of our body are just as real as the physical one, although many have a hard time believing in them. How do you know you love somebody? Love is there, but can you see





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it with your eyes? Can you touch it with your hands? No, but you know it is there. It's the same with God. Have you seen Him? Can you touch Him? No matter, if you're religious or not, or what kind of faith you practice, this loving powerful energy is there, however you want to name it. And we're all part of it, like drops in a vast ocean. There are already so many scientific studies that show this unseen energy world. All the ancient teachings have described it, and now we're rediscovering something that was once well known and practiced. There is much more to the world than what we can see or touch. So, I look into somebody's energy—into the finer levels of the human body—and find the source of the blockages on a deeper level. I release them while channeling healing energy through me, through my hands, to my client. In my belief, it always starts with the finer energy level and then manifests outwardly into the physical world. For example, abuse from childhood is visible in a person's energy body and blocks that person in daily life even decades after it occurred. Strong fear from a traumatic event early in life creates negative behavioral patterns, anxiety or depression years after.

Where does the energy you use come from?

You could say it comes from God, the Universe, the Source. I am just a vessel channeling the energy that flows through me. There is a universal energy all around us. You just need to know how to connect to it and then you can transfer it to somebody else. It's the same as prayer or positive thoughts. People are used to saying

they will pray for someone, but they never realize that this energy can also be used for healing.

What makes you different from others in your field?

My focus is on finding and releasing the source of an issue—pain, illness, emotional distress—whatever you're experiencing that is blocking you in your life. This source is visible to me on a deeper level. As I told you, its origin is rooted in traumatic events, unresolved emotional patterns, unhealthy relationships going all the way back to your childhood. Every case is unique, of course, but everything I see, all the information I receive, is meant to be revealed to help my client better understand the situation, to enlighten the connection between the origin and the current situation, and to give the opportunity to move past that, to make a positive change.

I must emphasize that my clients come to me as blank pages; I prefer not knowing anything about them prior to the first session. I tune-in to their energy, and the information flow starts. It's the images where I learn about my clients, rather like a movie scene unfolding in front of my eyes with sound, emotions, and an understanding of the person. Keep in mind, I only receive information connected to the blockage, not every detail of their life, and I don't interact with anybody's energy without prior permission.

So, you receive the information from the universe and act as a conduit to give the information to your client. Right. That's a very important part of the

healing process. Someone is brought here so they can receive not only the healing energy during the session, but also the information they need to change their perspective. Then they can make positive changes and shift towards a better, healthier and happier version of themselves.

When did you first realize you had these abilities?

I've always had a strong feeling about people and been able to see behind their façades; I sensed if people told me the truth. I've also naturally used my intuition as a guide all my life and would simply know the outcome when faced with different options in my life. But I never believed it was anything special. I assumed everyone did that.

Then I discovered yoga when I was nineteen and had this incredible vision of an entire rainbow in front of my closed eyes that I couldn't ignore. I started seeing more and more of these colors and searched for answers. What did it all mean? Along the way I discovered an entirely new dimension of existence. I've studied ever since, in every possible way—about myself, about the spiritual world, about different techniques and teachings—expanding my knowledge and unveiling something new every day. Through the years, my abilities for sensing others grew, and, with my passion to help others, I found my life's purpose. I see things, I hear them, I feel them, and I try to put everything into words as best I can. From an early age, I felt the urge to help others, but back then I didn't know how to explain something I knew was there but they couldn't see. They had to live through all this suffering, but I could see the big picture. I've always seen the big picture, and now, having worked in this field all this time, I do what I can to help my clients maybe find a path to a higher hill, or maybe even see the view from the top of the mountain.

I definitely experienced a broader perspective after my session with Violeta. She pinpointed some childhood issues I had, in fact, resolved years ago. Since I'd dealt with them, I was reluctant to believe her at first, but then I realized that recent events had "rolled me back down the hill," as it were. Without knowing any embarrassing details—she's not a psychic, after all—she had metaphors and images and insights that not only helped me understand what has had me stymied for the past year, but she also gave me concrete "baby steps" to start making my way up the hill again. I've already planned a second session with her. Who knows, given enough time, I may just want to climb a mountain.

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