



Healing Through the Soul

The Body's Innate Wisdom



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Julie is an Intuitive Energy Healer and Nutrition & Lifestyle Coach. She offers emotional and spiritual wellness through a whole body approach, integrating her natural gift of frequency healing, breathwork, and wisdom to guide clients into wellbeing. Divinely inspired to launch her business White Hawk Wisdom in honor of her late son, she has helped countless people through her one-on-one sessions and group healings both in person and online.

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Can you tell us how you interpret the Body's Innate Wisdom?

The body is always speaking to us. It tells us when something is out of alignment through feelings, emotions, intuition, and symptoms. Every symptom tells a story. Pain and “dis-ease” are the body’s way of saying energy is out of flow. The body talks through muscle testing as a form of biofeedback.

How can we heal through our Soul?

Our Spirit body exists within a vast web of consciousness — what I call Source. This is where creation, knowledge, possibility, and answers are found. Our Spirit is the life force of our soul within us. The soul’s energetic imprint connects to Source through our Spirit and is changeable through conscious intention, thought, and belief.

What are the healing modalities that you use in your White Hawk Wisdom practice?

I use The Emotion, Body, and Belief Codes as a compass to decipher what the subconscious mind is ready to heal. Trapped emotions, beliefs, and trauma may come from this life, past lives,

or ancestral lineage. Our body holds energetic frequencies that can shift with remembrance and intention. Layer by layer, we peel back the complex story to reach the root causes of emotional or physical imbalance.

I weave in breathwork, intuition, sound, crystals, herbs, essential oils, and nutrition. Healing begins from the inside out – mentally, nutritionally, and spiritually. We must support the emotional and spiritual body to create change in the physical body.

Why do you think that so many people are on a healing journey?

We are in the midst of a massive shift in consciousness and evolution. There has been a lot of suffering and trauma throughout human history. It is time to heal our hearts. Spiritually, we are being called to remember that we are all connected, forgive ourselves, feel love, and break the ancestral cycles of our programmed limitations.

Can you share some client transformation stories?

A client came to me after five back surgeries failed to relieve

her pain, which hovered at an 8–10 threshold. After eight weeks of working together, we cleared trapped emotions, released trauma from her spine, and her pain level dropped to a 2–3. She now sleeps through the night, and this has improved all other areas of her life. Her professional career is flourishing, and she is finally ready to allow love back into her heart. Another client texted me that she was having debilitating back and neck pain that was so excruciating, she went to the emergency room. She thought it was from a severe car accident a year prior, where she had sustained a spinal cord injury and three herniated discs in her neck. We did a healing session via text. I was able to release emotions and trauma trapped in her shoulder. Two days later, she was overjoyed when her pain had completely disappeared, allowing her to get her life back to normal.

What is some wisdom that you can share with people on their healing journey?

Listen to your intuition. Healing is not just physical – it’s a spiritual process. When we heal ourselves, we begin to heal the world. ■