

Toby Evans of SageBrush Exchange to be Featured on CUTV News Radio

SIBLEY, MISSOURI, USA, August 18, 2015 /EINPresswire.com/ -- Sibley, MO – In the Peruvian culture the Quechua word for exchange is “ayni.” It is the concept of cooperation and reciprocity, the balance of giving and receiving - the acceptance that everything in the world is connected.

Toby Evans is an artist, energy healer and the founder of SageBrush Exchange, where she combines her deep understanding of the creative process with spiritual practices and professional trainings to help clients find inner healing through energetic exchange.

“A ‘Sage’ is someone who intuitively accesses the higher wisdom available to all of us, and ‘Brush’ represents the creative energy or the artist within. This captures both strands of what I draw upon and attempt to call forth in others.”



says Toby. “All sessions with clients are an exchange of energy.”

In 1987, after 14 years of teaching, Toby found herself straddling two worlds. She was an elementary school art teacher when the metaphysical, spiritual part of herself first awakened while working on one of her art pieces called an assemblage. She was arranging clay, fiber and deciduous tree branches creating abstract pathways.

“While standing in front of the design a ‘voice’ inside my head instructed me to ‘Find Yourself.’ My eyes were drawn to a protruding, nondescript twig that was slightly removed on the outskirts of the design. It was close, but remained separate from the path that led to the central core or the heart of the piece.” Toby recalls. “The voice informed me that I had spent years taking the outer paths, following the scenic routes, afraid that I might miss something, but the only path that mattered would lead me inside and I had to choose to take it.”

The words that came were, “Within each of us lays our center- a vortex of truth. Years are spent in the labyrinth of living looking for the passageway that guides us in. We reach the apex of our journey when we clearly see that there is no return, but on the path that led us out.”

“The ‘voice’ helped me to stop looking outside of myself for validation - realizing that the most

authentic guide available to me was the "voice" of my own Higher Self," says Toby. "It felt more pure, more direct and personal, coming from the same source as the inspiration for my art. It is an ongoing process to stop seeing ourselves as separate from Spirit - relaxing into who we really are and have always been."

As part of SageBrush Exchange, Toby maintains a labyrinth on her land. "The Prairie Labyrinth" was installed in five acres of native prairie grass and is 166 feet in diameter - one of the largest seven circuit labyrinths in the US. It is based on a 4,000-year-old pattern and is aligned with the seven major chakras or energy centers of the body.

"A maze is designed to amuse and confuse you. A labyrinth helps you order the confusion in your life. A labyrinth path may twist and turn, but it eventually takes you to the center - metaphorically to your own center - where you can access your own deep relationship to Source. We each have to remove the obstacles to our own highest knowing, trusting our intuition to receive insight and inner direction." says Toby. "Walking an Earth-based labyrinth is a co-creative process that constantly evolves with seasonal and daily changes. The path meets you where you are, but in the self-reflection process, your energy is also refined and taken to a higher vibrational level. "

For more information on SageBrush Exchange, visit <http://www.prairielabyrinth.com> or <http://www.sagebrushexchange.com>

CUTV News Radio will feature Toby Evans in an interview with Doug Llewelyn on August 20th at 12pm EST.

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Toby Evans

Listen to the show

<http://www.blogtalkradio.com/closeuptalkradio/2015/08/20/cutv-news-radio-spotlights-toby-evans-of-sagebrush-exchange>

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