

Cat Smith of EnergyWerks, LLC to be Featured on CUTV News Radio

AUSTIN, TEXAS, USA, December 8, 2016 /EINPresswire.com/ -- Do you have low energy? Do you struggle with your weight, pain, or chronic illness? Are your relationships unhealthy? Fear and unprocessed emotions can wreak the same havoc on a person's life as disease.

For over 25 years, Cat Smith has had a passion for wellness and helping others to look and feel their best. Cat is an intuitive energy healer, wellness and life coach, and the founder of EnergyWerks, LLC, where she provides natural healing through the use of various energy healing modalities, including energy scans, Usui and Karuna Reiki, Touch for Health and EFT (Emotional Freedom Technique).

"Energy work is my life's purpose and my passion," says Cat.



According to Cat, everything in the universe is made of energy that vibrates at unique frequencies. Some of this energy can cause illness, while other energy is healthy and promotes healing. Working with your energy field, Cat identifies what prevents you from reaching your goals and keeps you living in physical and emotional pain, then clears that negative energy, opening you up to live the life you love.

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"The people who come to me are stressed. They're not making time for themselves. They're worn out," says Cat.

"Sometimes we need someone to tell us that it's OK to take care of ourselves too. I'm working behind the scenes, at a

deep level, to cut the energetic cords and transform energy to move it from attacking your personal power (which may make you feel unworthy of success, wealth or relationships, for instance) to changing your life."

For decades, Cat only used her energy healing abilities on herself and her friends. Two years ago, Cat discovered an intuitive ability that allows her to do deeper work and conduct her energy sessions remotely over the phone, with clients all over the country from the comfort of their own home.

"My clients are very open and willing to share with me," says Cat. "A lot of times we don't have

someone to stand for us, listen to us and help us transform to have an amazing life.”

“I wanted to add the coaching aspect to improve the quality of communication with my clients and learn new techniques to provide my clients,” says Cat. “I like to educate people on how to self-heal, since our bodies are made to do that. I’m giving clients energy that they need to heal themselves. I’m not doing the healing. They are. The energy knows where it’s needed the most and it goes there.”



Cat offers a free 30-minute session for people to experience energy work and discuss how she can support them further.

CUTV News Radio will feature Cat Smith in an interview with Doug Llewelyn on December 12th at 3pm EST.

Listen to the show on [BlogTalkRadio](#).

If you have a question for our guest, call (347) 996-3389.

For more information on EnergyWerks, LLC, visit <http://www.EnergyWerks.net>

Lou Ceparano
CUTV News
(631) 850-3314
email us here

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