

Profile Feature of Susan Shehata, Wellness Professional By Marie Pocock

Susan Shehata appeared just as I pictured when she opened the door to welcome me into her home from out of the -10 degree Minnesota winter wind.

Her home smelled familiar, almost like the nostalgic smell I get when I walk into my childhood home after not living there for years. Susan wore her dark hair short with enough natural curl that it looked borderline Einstein's famous locks. This fit her personality well, as Susan appeared extremely calm and at ease with my stressed-out presence, as if she was not letting on to the fact that she is so intuitively gifted she could in my opinion easily be an Einstein in her field.

As I surveyed her office where we would start my 80-minute wellness session, I felt fortunate and intrigued by my friend's recommendation of Susan for a "life-changing" experience. I settled into the chair provided and listened to the background noise of streaming water coming from a fish tank holding three bright orange fish. I was later informed in our interview that on a Physics level, water is an element that effectively clears our energy system from any stress that may be lingering in our energy field. As a wellness professional, who spends most of her days helping others clear stress, Susan uses water to help clear this stressful energy.

Prior to our session I was informed that Susan assists clients in transforming the space around and the space within them through holistic healing and spiritual coaching. She is known in the southwest Minneapolis area as someone who is helping to make positive changes individually in Minneapolis, while offering expert advice on being happy and healthy in our environment. Her main goal for herself and her clients is personal transformation, which is very relative to each person. She indicates that whatever that transformation may look like for any person is really up to them.

Susan starts each new client with an exhaustive intake form that asks a variety of questions to start off each meeting. It is not always the literal answers that people give that she pays particular attention to. Sometimes she is looking to see what types of words they use when talking about themselves or their situations. Are they focused on physical elements or emotional elements? Are they using self-defeating language?

Are they saying that "everything is fine" even if they are listing a lot of concerns? This gives a good foundation showing where the person is coming from on a subconscious level.

If it was not for my friend's recommendation, I am not sure I would have gone to a "self-help" guru. I had no idea what I was going to bring up during the discussion phase of our wellness session. Usually I am a shrinking violet; however, surprisingly, it took no less than five minutes to start spilling my guts to Susan. Before the session ended there were at least

three “ah-ha!” moments relating to my own life that I nearly thought I had walked in on an interview with Oprah Winfrey and Dr. Wayne Dyer. Not only did I learn things about myself I never knew, but our session together also helped transform my life and find inspiration in the human spirit.

This was not instantaneous, but instead by making me aware of my current thought process I am now able to see where a few of my insecurities lie to be able to work through them to improve.

Susan has a Bachelors of Fine Arts in theatre with an emphasis in performance and a second emphasis in design. Throughout our session, it is apparent that she has a background in theatre, as she does not lack passion. She is also certified in Feng Shui and uses her background in design to help shape homes and lives. After a couple years mastering work with these emphases, she noticed her skill at tuning into the subtle energy fields of her clients and feeling intuitively what was happening for them in their health and life. She then decided to further her studies and began working with clients doing energy work and bodywork. Over the years, Susan kept adding to her skill set with different techniques and studies.

Now, what she does is a mixture of all of those skills she has acquired in the last decade as a holistic healing professional. She has also found opportunities to bring in her performer self in a whole different way by hosting an hour long radio show on consciousness and as a professional kirtan (or yoga chanting) musician who has just released an album.

Susan loves to see her clients make shifts in their lives and empower people to uncover and develop their own passions. Her proudest accomplishments are releasing a CD and her travels to India, along with the things she has learned from those trips.

Her advice to the Minneapolis community to live a happier life is very simple: “Take time for reflection. In this busy world, we are full of distractions. Those distractions are keeping us from looking at our lives in an honest way. They are not helping us. Put down the phone and the computer. Sit with your own thoughts now and then. If that scares you, that is even more of a reason to do it! What you uncover right away may not make you happy; it may be quite the opposite. But, then recognize that the unhappiness is happening sub-consciously either way. Only by being honest with yourself and looking at it, do you have an opportunity to transform it into something better.”