

About Carol

Carol is an Energy Medicine and Ecopsychology practitioner as well as a Mana Lomi® practitioner and senior instructor. She established Hart-Felt Massage & Day Spa on Kaua'i in 2001, Aloha Lomi Massage Academy in 2011 and managed 5 spas on the island until 2020.

She began her studies for 6 years with Dr. Jane Ely, D.Min, an indigenous healer, and apprenticed with her until 2013 when Jane gifted her the lineage to teach. Carol studied under Dr. Maka'ala Yates, D.C., an indigenous Hawaiian healer beginning in 2002, apprenticed with him and became a senior instructor in 2009. She studied craniosacral therapy with Ko (Kelly) Darlington in 2001-2002 and continues to practice.

Residing in Fort Collins, Colorado since 2022 Carol is bringing these invaluable, traditional modalities in order to help others shine their light more brightly and become sovereign within their own lives.



Carol Hart

60 minute session \$110
Veterans \$90
90 minute session \$150
Veterans \$120

Live Beyond Limit
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Suites 130 and 140,
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Call (808) 652-5691
Or email
carol@hartfeltkauai.com

Healing Sessions With Carol Hart

Some symptoms and issues where I can help:

Physical Conditions:

- Anxiety & Panic Attacks
- Nervous System Tension & Anxiety
- Pre and Post Surgery, all conditions
- Recuperating from accidents and physical trauma
- Cancer patients undergoing treatments
- Death and Dying: attending to the patient, family & self

Eco-psychological Conditions:

- Relationship dynamics & issues
- Career changes, refocusing & job loss
- Anxiety, Overwhelm and Stress disorders
- Depression
- Self-esteem issues
- Grief Counseling
- Soul Loss and Recovery
- Divorce, Separation & Loss
- Anger management
- Clearing past relationships
- Spiritual Counseling
- Life-style changes
- Energy Balancing for well-being & clarity



Everything is energy (the Hawaiian term for energy is mana). Every rock, tree, blade of grass, every sentient being pulsates with energy.

Energy Medicine and Ecopsychology is an indigenous tradition which involves not only the “laying of hands” to support patients with specific symptoms and illnesses, it is an avenue through which deep, transformational healing occurs within the body, the mind, the emotions and the spirit in an integrative, balanced way.

I work with each patient’s symptoms, both acute (short term) and chronic (long term). I employ deep listening, witnessing the information you bring to your session. I ask insightful questions to assist you in uncovering a deeper understanding of what core issues may be arising for you. Self-awareness and reflection are the first steps in your healing process. Our work is a co-creative process; you participate in every step of your healing journey. Together we will find balanced resonance in your energy field in support of your life and health.

Reclaiming Your Authentic Self Through Energy Medicine and Craniosacral Therapy

Energy Medicine and Ecopsychology brings balance and clarity for you, your family and the world. We are all here to grow our souls. This work is profound in clearing thoughts, beliefs and trauma that no longer serve you.

Working directly with the human energy field moves blocked patterns in the physical, mental, emotional and spiritual bodies. This type of internal work helps one make behavioral and life-style changes that aid in personal healing and transformation.

Craniosacral Therapy is grounded in working with the spinal system, which is the communication and functional “circuit” that controls all bodily functions. Through gentle, hands-on manipulation and balancing of the cranium, spine and the encompassing fluids, you will experience increased harmony throughout the natural rhythms of your body. Tension and pain are greatly reduced and health and immunity are boosted.

*"Through her compassionate, caring work, Carol has helped me rediscover myself. My awareness and the connection between my mind, body, and spirit has been enriched through my sessions with Carol. She has a gifted way of guiding me down the paths I need to travel, all the while leaving me in the driver's seat. I am truly grateful for the growth and healing I have achieved while working with her." **Mary***

*"Thank you for such an incredible and life-changing experience. I look forward to continuing this beautiful practice with you!" **Deb***

*"After the passing of my husband, I knew I needed something to help motivate me to get back into life. Carol's wisdom was instrumental in the change I felt in my life afterward. It truly helped me to release what I needed to in order to move forward and continue living. The peace and healing I experienced were an amazing gift!" **Kristin***

"When you are in balance, you can hear your soul's whisperings. You can feel your light and purpose. You can be fully engaged in your life."

Dr. Jane Ely, D.Min.