

POWER OF THE MIND

Ariana Bahret teaches techniques that she claims will change the atomic structure of metal, allowing people to bend it using their thoughts and energy.





Ariana Bahret is an energy healer, spiritual counselor and metaphysical teacher with a studio in downtown Newburyport.

From spoon bending to deep healing, teacher aims to show what energy can do

Having spent a year living in a mango tree in Hawaii, Ariana Bahret believes that she has what it takes to practice energy psychology in downtown Newburyport.

"I like to say I have the street credibility to practice the 'woo woo,'" Bahret says. "I can talk about your aura, which is 'woo woo,' or I can talk about your electromagnetic field. It's the same thing, it's energy that surrounds us. It is your energy field."

Bahret has become known locally for a class that she teaches called "Quantum Spoon Bending," where she teaches people of all ages how to bend metal using their own energy fields.

"I teach people how to focus their thoughts and energy to make metal malleable for a short window of time where they can bend it any way they like," she says. "The children bend the quickest, because it is pure joy in the moment. Sceptics bend next."

By JIM SULLIVAN • Photos by BRYAN EATON

WANT TO LEARN MORE?

Ariana Bahret's office is at 37A Pleasant St., Suite 2, Newburyport. Contact her at 928-451-2561 or arianabahret@gmail.com. Upcoming "Quantum Spoon Bending" classes and other offerings are posted on her website, www.arianabahret.com.

Bahret first turned to energy healing after her father died unexpectedly soon after her graduation in 1999 from Boston College, where she earned a bachelor's degree in biology.

"Traditional therapy wasn't doing anything for me," Bahret says. "I had had that when I was a teenager, and I couldn't be hypnotized either. My subconscious was pretty strong."

Energy psychology works on the subconscious and is "deep and profound and the only thing that could help me," she says.

Electing not to go to medical school, Bahret worked in advanced genome sequencing at the Cold Spring Harbor Laboratory on Long Island, New York, and contributed to the Human Genome Project.

Ariana Bahret keeps a Buddha statue in her office as a "reminder of peace, compassion, kindness and being centered."

"The field of epigenetics is phenomenal," Bahret says. "It is how our thoughts and beliefs will turn genes on and off."

The New York native soon veered from that career path to pursue her interest in energy healing, going on to live and

study in Sedona, Arizona; Santa Barbara, California; and that treehouse in Hawaii. Along the way, she became certified in eight healing modalities, including the LifeLine Technique and kundalini reiki.

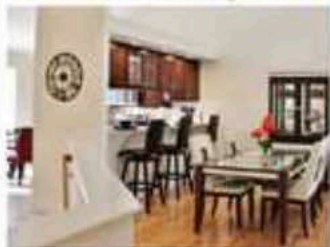
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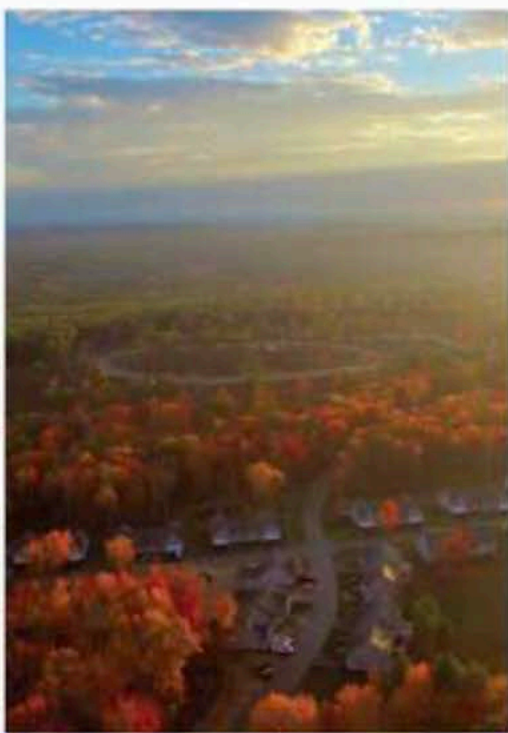
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in 2016, Bahret opened her energy psychology practice on Pleasant Street.

"It's all about how powerful your thoughts are," Bahret says. "Your body is a physical representation of your subconscious. The majority of what you say, think and do comes from your subconscious program, and the majority of that program was downloaded when you were very young, between 0 and 6 years of age."

Children are like sponges, according to Bahret. And while people gravitate toward what makes them feel safe, that may not be the best way for them "to remember their truth," she says.

"We are a little computer when we are born, and we need that software," Bahret says. "The subconscious programs are that software, and we download them to protect ourselves when we don't feel safe. But we cannot heal or grow in that state of protection. The kicker is, at the point of download, then you are sending out that attractor field, or radio signal, for the rest of your life that makes you feel the same emotions that you did at the time of download."

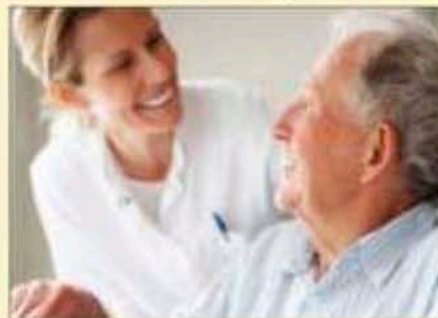
Bahret uses techniques such as color therapy, crystals, aromatherapy and sound therapy to create high frequencies that allow "for a deep and powerful healing," she says.

"It is profound," Bahret says. "When I am working with a client, that subconscious program is permanently removed. Then we upload a newer, higher-vibrational program that changes their attractor field." ❧

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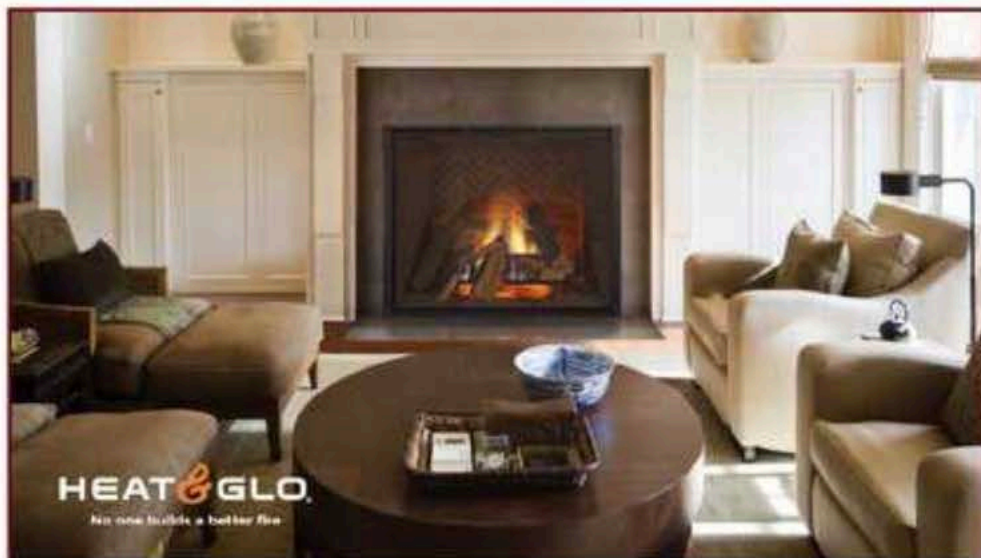
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