



SHELLEY KLEINMAN

PHYSICAL THERAPIST

Shelley Sevelow Kleinman grew up on Chicago's south side in the 60's where people were true neighbors, where kids stayed out til dark, danced together to the Jackson 5 and shared what they had. She still loves to dance and believes the world would be a better place if we could create more times to celebrate, laugh, and dance together.

Shelley was born into a family of medical professionals and non-traditional healers and embraces both. Shelley has always studied the mind and its effects on the body throughout her life and the hundreds of people with whom she has worked. Working with preteens to hundred-year-olds, Shelley has embraced the idea of total health being cognitive, emotional, spiritual and physical and has developed a program through Erasore that encompasses them all. Her strong belief in a God/higher force as well as the natural world is something that she has seen reach any individual. This has flavored her practice as a physical therapist and has supported her throughout the stages and realities of her life.

Shelley formally became a physical therapist in 1988 at the University of Illinois Medical Center in Chicago. She did her research on the power of healing touch and has consistently maintained that balancing the body helps to balance the mind and the overall function as 1 system.

As a traditional physical therapist and beyond, she specializes in creating approaches to improve, maintain, and manage movement and function at any age while educating people on how to harness the mind-body natural healing mechanisms.

Her ultimate goal is for anyone to be at home in their body, understanding it and being able to care for it physically, emotionally, spiritually, and cognitively. Shelley believes that when one is balanced in all 4 of those areas, they can more fully interpret and live their highest, Godly selves. She has coined it CESP-C (see) your ESP.

It is her business, Erasore, that is a comprehensive approach to health and healing.

A Mountain, a Dream, and an Answer

SHELLEY KLEINMAN

I was born questioning and always searching for answers. My mother told me that God is everywhere and I believed her. As a kid, I imagined Him behind all our walls. I clearly felt God's presence at fourteen years old while on a mountaintop, months after my dad died. My belief later solidified when my dad communicated to my sisters and me in our own dreams on the exact same night, telling us that he was okay.

It wasn't until I wrestled with the biggest challenge of my life that I heard, felt, and was touched by God all at once. I finally understood that to learn life's lessons, one must search for answers and ask for His help.

I always thought I was strong, intuitive, and independent, but I was living a lonely life that did not feel right. I felt like I was dying alive. I began crying not only internally but externally as well. Over and over, I asked God what would be harder: to stay in my current situation and continue as I had for many years or make a drastic change—one that I had never anticipated. Doing so would be exposing myself. I was always somewhat reserved, and I was not comfortable being *seen*. Everyone has their own struggles, but I tended to keep my anguish deep inside me. So, in the depth of feeling utterly alone, I cried to the one whom I believed was everywhere and saw everything. For months, day after day, away from everyone, I cried to my God with real tears, in the shower, in my car, and in my thoughts. I was not sure what to do and was looking for guidance.

The answer finally came to me in a dream that seemed as real as anything I had ever experienced. It went like this: I felt fully awake, floating, alert, and aware of a message that came without words, but with a deep wisdom that permeated my body. The message expressed, *"Your greatest challenge will bring you your greatest reward."*

I suddenly woke up gasping for air and immediately knew that this was God, giving me the answer I needed and breathing new life into me. I felt like He was carrying me and staying right by my side while I made the hardest decision of my life. I made that change, and I never once regretted it. He has stayed with me and shows me answers all the time in big ways and small.

That time, when it felt like my world needed a reset, I had awakened and learned my most valuable lesson. I now always trust and follow my intuition, and know forever more that I am not alone because I always have someone I can cry to.

That is now my superpower, asking for help when I need it and facing everything with strength because I realize that I am never truly alone. This is my God and He is always with me.