

RESTORATIVE THERAPIES

RELEASING THE HEALING POWER WITHIN YOU

SINGLE SESSION \$45.00 / SET OF 5 SESSIONS \$200.00

ENERGY CENTER* BALANCING:

THIS SET OF SESSIONS TAKES YOU THROUGH EACH ENERGY CENTER BRINGING CONSCIOUS AWARENESS TO THE CENTER AND WHAT IT MEANS TO YOU PHYSICALLY AND EMOTIONALLY USING GUIDED IMAGERY. WE SUGGEST THE SESSIONS BE RECORDED AND LISTENED TO DAILY FOR CONTINUED SELF-HEALING.

REMOVING PERSONAL LIMITATIONS:

BY RE PATTERNING YOUR HABITS TO BE CONGRUENT WITH YOUR CONSCIOUS GOALS YOU CREATE A NEW WAY OF BEING. THIS TECHNIQUE IS WIDELY USED TO UPLIFT AND ASSIST IN CREATING A MORE POSITIVE MINDSET. THESE SESSIONS ARE BASED ON EACH INDIVIDUAL AND THEIR UNIQUE SET OF CIRCUMSTANCES. WE SUGGEST THE SESSIONS BE RECORDED AND LISTENED TO DAILY FOR CONTINUED SELF-HEALING.

GETTING TO THE HEART OF THE MATTER:

A GUIDED IMAGERY INTO THE HEART ENERGY CENTER TO CONNECT YOUR MIND, BODY AND SPIRIT, TO OPEN UP TO FORGIVENESS OF SELF AND OTHERS, TO RECOGNIZE THE MIRACLE THAT IS YOU. WE SUGGEST THE SESSIONS BE RECORDED AND LISTENED TO DAILY FOR CONTINUED SELF-HEALING.

RELEASING AND LETTING GO:

A GUIDED IMAGERY SESSION TO HELP YOU RECOGNIZE THE AREAS IN YOUR LIFE WHERE YOU MAY BE HOLDING ONTO NEGATIVE ENERGY IN THE FORM OF FEELINGS AND MEMORIES PAST AND PRESENT THAT KEEP YOU FROM BEING THE BEST THAT YOU CAN BE. WE SUGGEST THE SESSIONS BE RECORDED AND LISTENED TO DAILY FOR CONTINUED SELF-HEALING.

INFRARED THERAPY:

REST, REJUVENATE AND RESTORE, 30 RELAXING MINUTES ON THE BIO MAT WITH INFRARED LIGHT AMETHYST AND NEGATIVE IONS ALONG WITH LIGHT AND SOUND THERAPY.

"IN EACH OF US THERE ARE AREAS IN THE BODY WHICH STORE INFORMATION (ENERGY CENTERS) ABOUT OUR LIFE EXPERIENCES. THESE ARE AREAS WHERE THERE ARE ANATOMICAL CONCENTRATIONS OF BLOOD FLOW, NERVE CENTERS, ORGAN AND GLANDS THAT HOLD MEMORIES ASSOCIATED WITH THOSE REGIONS OF THE BODY. A SIMPLE AND EASY EXAMPLE IS THE AREA OF THE HEART. MEMORIES AND EXPERIENCES OF EITHER "HEARTBREAK" OR DEEP AND ABIDING LOVE CAN BE AND ARE MORE FOCUSED IN THE CHEST THAN IN SOME OTHER REGION OF THE BODY. OFTEN, WE FEEL THE SENSATION OF THOSE MEMORIES OR EXPERIENCES WHEN A SONG REMINDS US OF A PAST HURT OR WHEN THE TOUCH OF A LOVED ONE SOOTHES US DURING A PRESENT-TIME STRESS. WE FEEL THAT IN OUR HEART, OTHER AREAS OF THE BODY ALSO HOLD MEMORIES IN A SIMILAR FASHION. IF WE HAD A STRESSFUL EXPERIENCE DURING OUR POTTY TRAINING AS AN IMPRESSIONABLE YOUNG PERSON, THAT MEMORY MAY BE STORED IN THE LOWER REGIONS OF OUR BODY. THERE ARE ORGANS, GLANDS, NERVE CENTERS AND CONCENTRATIONS OF BLOOD VESSELS IN THAT AREA THAT CAN HOLD THOSE MEMORIES AND CONTINUE TO SEND SIGNALS FROM THERE TO THE BRAIN THAT INFLUENCE OUR ENTIRE BEING. IF OUR VOICE WAS SUPPRESSED, WE WERE NOT ALLOWED TO SPEAK OUR TRUTH, THE REGION OF THE THROAT MAY BE EFFECTED, THE THYROID AND PARATHYROID GLANDS RESIDE IN THAT AREA. PERHAPS WE HAVE A CLINICAL OR SUBCLINICAL THYROID ISSUES AS A RESULT OF THAT SUPPRESSION.

OUR WORK ON THESE ENERGY CENTERS IS DESIGNED TO GENTLY, SAFELY AND AT YOUR OWN PACE, BRING THESE RESTRICTIONS INTO THE LIGHT SO THAT THEY ARE RELEASED, DISEMPOWERED AND HEALED, PERMITTING THE FREE FLOW OF ENERGY INFORMATION THROUGHOUT YOUR NERVOUS SYSTEM THAT CONTROLS ALL OTHER SYSTEMS IN YOUR BODY.