

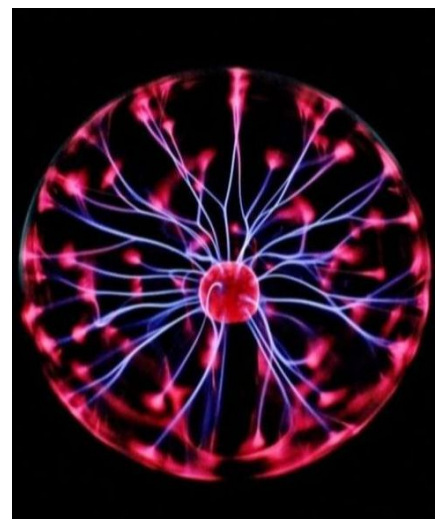
Resilience

Healing Energy by Sue Aumer

How are you doing?

The COVID-19 pandemic continues to bring disruptions and stressors to our lives. Because these can profoundly affect our health and well-being, it is more important than ever to take good care of ourselves.

In order for us to thrive during these challenging times, it is essential to focus on nurturing our capacity for resilience, on rejuvenating relaxation and re-charging our energy reserves.



Receiving Reiki / healing energy is a great way to support our health and well-being. Because we are all connected energetically, a distance healing can be just as effective as an in-person session in helping us reduce anxiety and tension, and improve sleep so we are better able to handle life's difficulties and to live more joyfully.

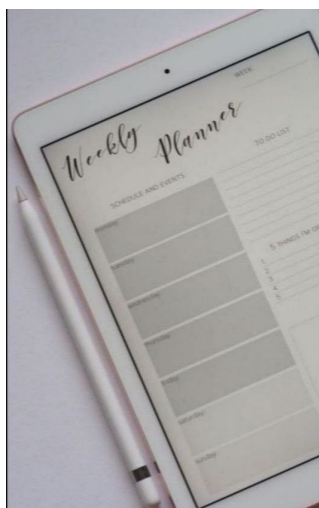
As long as Resilience's healing space remains closed, I am offering **individual half-hour distance Reiki / healing energy sessions** to anyone who would like the experience. I am happy to provide these **free of charge** as my way of giving back during these trying times.

everything
is
connected

WHAT IS A DISTANCE SESSION LIKE?

During your half-hour session, you can either sit or lie down, whichever is more comfortable for you, in a quiet space in your home where you won't be disturbed. It is helpful to dim lights and have soft music playing in the background.

I will be in my healing space sending Reiki/healing energy to you as if you were physically present. You may feel the same kinds of sensations (heat, cool, tingling ...) that you feel during an in-person session as the energy is working in you.



HOW DO I SCHEDULE A SESSION?

Easy! Just click the button below. After you receive your session confirmation, I will email you more details about, and suggestions for your session. Please feel free to schedule multiple sessions.

Whether you are a Resilience client or not, and no matter where you are located, I welcome the opportunity to work with you!

[Schedule a Distance Session](#)

**Thank you
for your business!**

Sue Aumer
Usui Holy Fire® III Reiki Master /
energy worker

**"The wound is the place
where light enters you." -
Rumi**

Holy Fire® is a registered service mark of
William Lee Rand.



Visit Resilience's Website



Share



Tweet



Forward

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).

This email was sent to [*|EMAIL|*](#)
[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)
[*|LIST:ADDRESSLINE|*](#)

[*|REWARDS|*](#)