



It's Finally Time!



I am excited to announce that Resilience is **RE-OPENED for IN-PERSON sessions!** I look forward to welcoming former as well as new clients into my healing space!!

Therapeutic enhancements available during in-person sessions that may benefit you include sound energy healing, and far-infrared / negative ion and pulsed electromagnetic field (PEMF) therapies. There is no additional charge for any of these.

If you are new to in-person sessions or would like a refresher, please visit Resilience's [in-person page](#) for info on enhancements, what to expect, and session cost.

WHAT ABOUT DISTANCE SESSIONS?

For now I am continuing to offer **FREE distance healing sessions** [for people](#) and [for companion animals](#) as I have done throughout the pandemic.

I very much appreciate the donations that many distance clients have made using the tip jar link I send out after distance sessions. These tips help me cover my expenses ensuring that I can keep offering free sessions to those who cannot afford one. As always, if you don't or can't contribute, that's totally OK!





WHAT CAN A SESSION DO FOR ME?

Whether in-person or distance, Reiki facilitated energy adjustments, corrections and enhancements have been shown to help

- accelerate healing on multiple levels,
- reduce pain and discomfort,
- facilitate deep relaxation and quality sleep, and
- improve well-being.

CAVEAT: Though Reiki / healing energy is a powerful complementary therapy, it is NEVER a substitute for conventional medical treatment.

Please seek assistance from an appropriate licensed medical professional if you have physical, emotional or mental symptoms that are of concern.

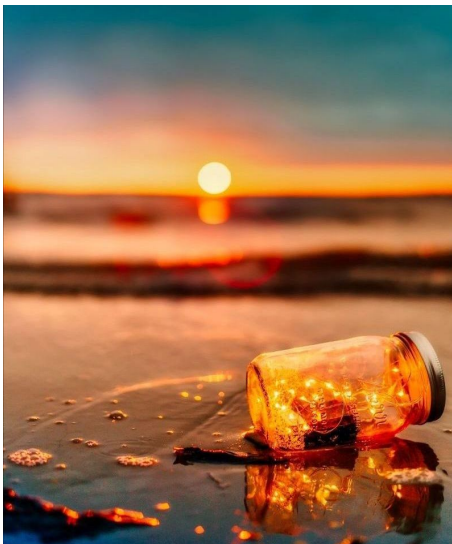
HOW DO I SCHEDULE A SESSION?

It's easy! Just click the button below to select the type of session you would like:

- in-person (30, 45 or 60 minutes),
- distance (30 minutes), or
- distance for a companion animal (30 minutes).



[Schedule a 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**

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