

# Resilience

## Healing Energy by Sue Aumer

### **Making the Most of Your Winter**



Here in the Northern Hemisphere, winter has arrived. Long days of warmth and sunshine have been replaced by cold and darkness.

Nature has slowed down. Trees are bare and animals are in hibernation. Focus has shifted from growth and activity to regenerating rest.

In synchrony with nature, we also tend to slow down in winter which nudges us toward reflection. If we have unresolved feelings, fears, or uncertainties that we tucked away during busier months - now possibly magnified through the lens of the pandemic, introspection may end up negatively impacting our well-being.

Also for many of us, winter can compromise our physical health as well as our mood - even without a pandemic raging. Cold can make aches and pains worse, and so much darkness can lead to sadness that could become overwhelming.





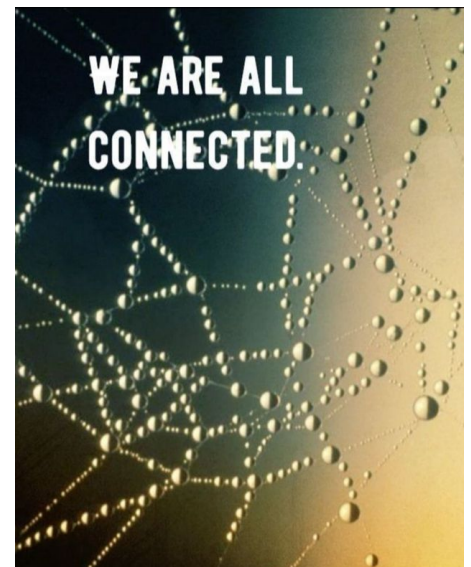
If any of this resonates with you, remember that Reiki / healing energy can support you in feeling your best and making the most of your winter. Among its many benefits, it can

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

essentially helping to optimize all aspects of health so we can live our lives more fully.

As long as Resilience's in-person healing space remains closed due to the pandemic, **FREE individual half-hour distance Reiki / healing energy sessions** are being offered to anyone who would like one. This is my way of giving back during these challenging times.

Remember that because we are all connected energetically, a distance healing can be just as effective as an in-person session.



If you would like to learn more about distance Reiki / healing energy and what sessions offered by Resilience are like, check out the [distance healing](#) page on the Resilience website.

## HOW DO I SCHEDULE A SESSION?

Easy! Just click the button below. You're welcome to schedule multiple sessions if you would like.

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

Go ahead and schedule a session, then get ready to kick back and soak up some healing energy!



[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**

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