

Resilience

Healing Energy by Sue Aumer

Reinforcing your Healing Experience

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I'm frequently asked by clients how they can reinforce their healing experience, the rejuvenating sense of calm and relaxation that they receive from their Reiki / healing energy sessions.

One of the methods I suggest that consistently works for me is meditation.



what is meditation?

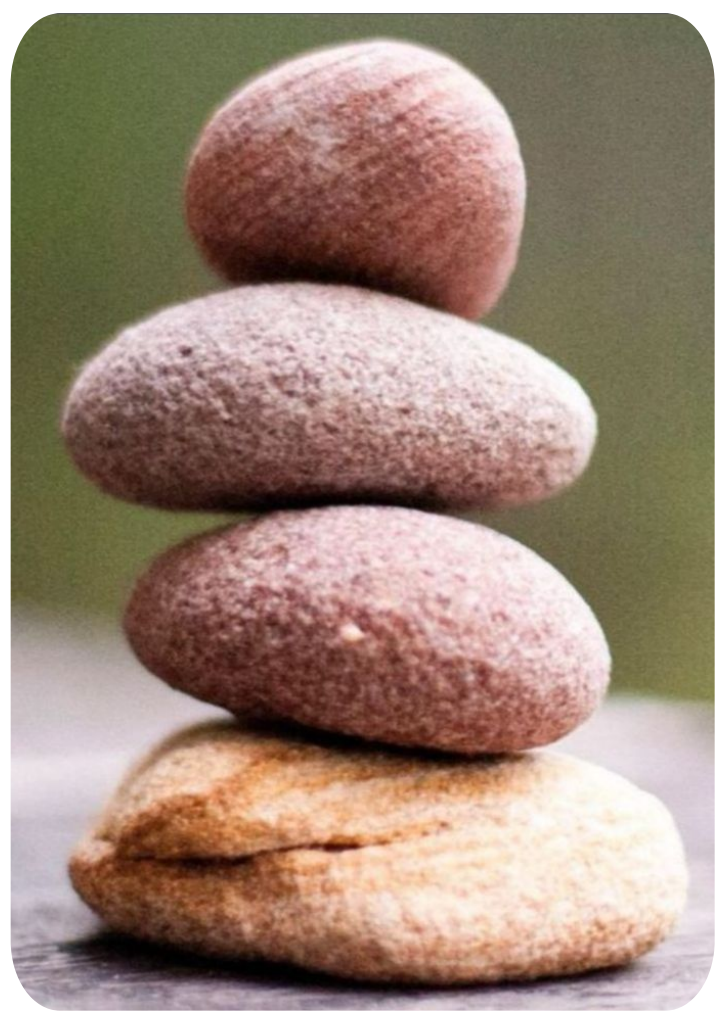
According to the Miriam-Webster dictionary, "to meditate" means (1) to engage in contemplation, or (2) to engage in mental exercise such as concentration on one's breathing or repetition of a mantra.

purpose of meditation

Meditating can help us get beyond the concerns of everyday life, the limitations of our mind, of our ego in order to experience our higher self and our connection to nature, to the universe. When we're in a meditative state, we're able to draw on resources we don't ordinarily access and of which we may not even be aware.

NB: There is no "right" way to meditate.

Following are suggestions that have worked for others including myself. Feel free to experiment.



preparing to meditate

First things first: Decide how long you'd like to meditate. If you're new to meditation, a few minutes might be enough. I suggest setting a "gentle" timer so you'll know when you're done. This way you won't need to be concerned about going too long.

Then find a space where you feel comfortable and can be alone without interruptions. This could be a room in your house or even a safe secluded space outside.

You may want to use a sound

track that supports meditation - something relaxing, slow and repetitive such as these available for free on YouTube:

- [All 7 Chakras Crystal Singing Bowls](#) (30 Minutes)
- [Relaxing Sleep Music](#) (3 hours)



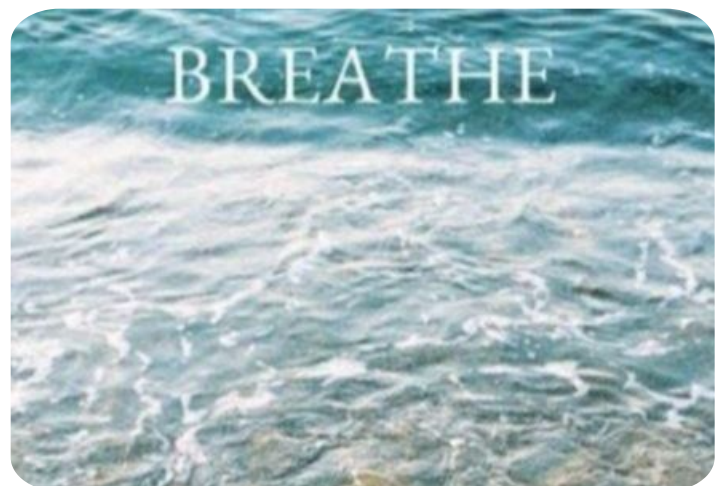
Focus on your breathing and stay in the moment. If you find yourself starting to think about everyday concerns (like to-do lists, appointments, plans ...), gently brush these aside, re-focus on your breathing and return to being in the present.

meditating

With your timer set and your music queued, settle into your meditation space. You may want to close or cover your eyes to minimize distractions.

Take a few deep, cleansing breaths and imagine any stress you may have being gently released with each of these breaths.

Imagine your feet and the base of your spine sending "roots" deep into the earth. As you do this, notice a feeling of being grounded and connected to nature.





To stay in the moment, you may find it helpful to imagine you're in a forest, by a lake, on a mountain - whatever location in nature calls to you - and go from there. This may feel like daydreaming. That's OK. Just go with it, feel it, experience it.

As your meditation comes to a close, take your time coming back to everyday life. Wiggle your fingers and toes to reconnect with your physical body, take a few deep breaths and slowly open your eyes.



afterward

You may find it useful to write down the feelings and experiences you had during meditation in a notebook. This may not seem worthwhile at first, but going back and reviewing your notes over time may reveal insights that were not apparent to you at the time.



Need support on your healing journey?

[Resilience](#) is here for you offering Reiki / healing energy

- [in-person](#) sessions with enhancements such as whole body heat mat therapies and sound healing, and
- FREE [distance](#) sessions with oracle card readings.

Do you have a companion animal who could use some Reiki / healing energy? Resilience also offers FREE distance sessions [for animals](#).



Whether in-person or distance, Reiki / healing energy sessions can help

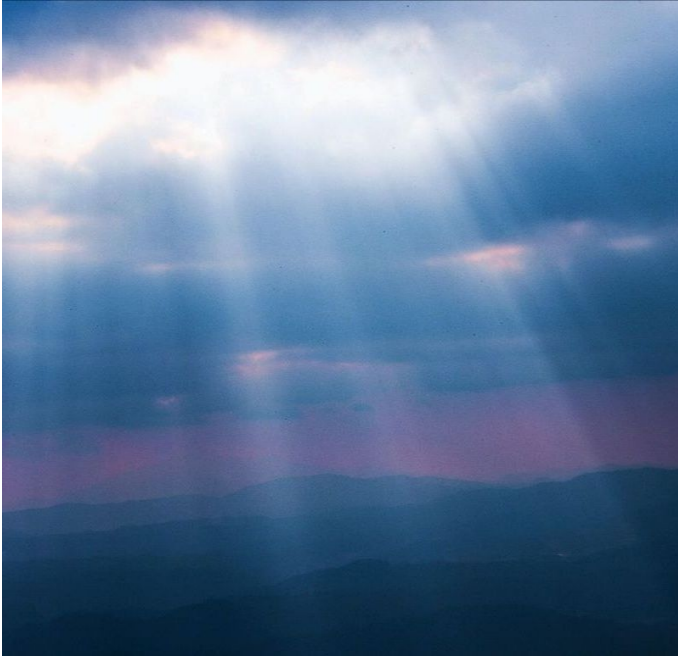
- accelerate healing on multiple levels,
- reduce pain and discomfort,
- facilitate deep relaxation and quality sleep, and
- improve well-being,

essentially supporting the optimization of all aspects of health so you - and your companion animals - can live life more fully.

Schedule a Session

CAVEAT: Though Reiki / healing energy is a powerful healing modality, it is important to remember that it is NOT a substitute for, but rather is complementary to, conventional medical treatment. Always consult a licensed medical/veterinary professional if you have concerns about your/your animal's physical or emotional health.





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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