

# Resilience

Healing Energy by Sue Aumer

## Response to COVID-19

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Unless circumstances change dramatically, I plan to continue providing Reiki / healing energy sessions during the COVID-19 pandemic.

Because Resilience is a small home-based practice, there is inherently less risk of infection than in locations frequented by large numbers of people. However to further minimize risk and better support my clients' and my own health during this challenging time, I am making the following changes.

- **I will accept only one client a day.**

This will eliminate all scheduling constraints between sessions giving me plenty of time to remove, wash and replace all materials used during the session and to thoroughly sanitize the healing space as well as all common area surfaces that may have been touched.

- **I will provide only touch-free sessions.**

Though I routinely use small cloths as protective barriers when using touch, in light of the social distancing recommended during this pandemic I will eliminate even this protected form of touch. By the way, touch is not essential for healing with energy and is already bypassed for those with touch sensitivities.

Note that since sound healing, PEMF (pulsed electromagnetic field) therapy and far-infrared heat/negative ion therapies do not require personal contact, there will be no change in how these are provided.

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As usual, I ask that any client who feels sick stay home. If you feel well but your intuition is telling you not to come to your session, listen and stay put! I request 24-hour notice of cancellation or re-scheduling but if this isn't possible for you, that's OK. Remember there is no cost to cancel or re-schedule a session.

As always, it is an honor and a privilege to support you on your healing journey.



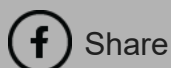
**Thank you  
for your business!**

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

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

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