

Resilience

Healing Energy by Sue Aumer

Transitioning



After over a year of holding us in its grip, the COVID pandemic is finally receding. And restrictions are gradually being lifted.

But returning to pre-pandemic activities such as unlimited travel, and attending large concerts, sporting events and fairs will likely not be enough to put the pandemic in our rear view mirror.

For many of us, transitioning out of the pandemic will probably involve significant emotional, mental and physical challenges. We may find the joy of being able to return to "normal" elusive.





Experts predict that the number of people suffering from mental health disorders will rise post-pandemic. There are likely to be long term effects of the pandemic's restrictive measures such as social distancing and quarantine.*

Having been in extended quarantine may result in persisting irritability, insomnia, depression and post-traumatic stress symptoms. And prolonged social isolation can lead to social withdrawal which can be aggravated by socio-economic impacts of circumstances like job loss, a reduction in work hours, and large unanticipated medical bills.

* <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7507979/>



Some of us may also be grieving the loss of family members or friends from COVID. We may be holding on to deep sorrow rooted in our inability to comfort them or to say goodbye in person.

Others may be facing long term physical challenges from COVID infection - or stressed by supporting a loved one suffering from lingering symptoms.

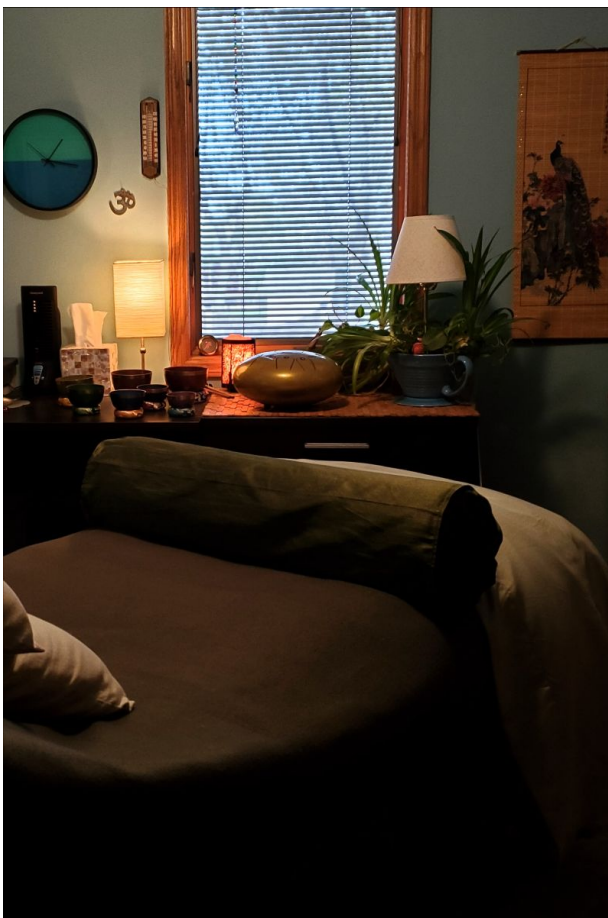
Reiki / healing energy can be a valuable resource for helping us deal with all types of post-pandemic fallout. Reiki facilitated energy adjustments, corrections and enhancements such as those offered at Resilience have been shown to help:

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

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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.



If you could use Reiki / healing energy support for any challenge you are facing in your life, consider scheduling a session at Resilience.

Due to safety and liability issues, Resilience is still closed for in-person sessions but will re-open as soon as local in-door masking mandates are lifted. Hopefully that will be happening soon! I am looking forward to welcoming clients back into my healing space!

In the meantime, **Resilience will continue to offer free distance Reiki / healing energy sessions** as a way of giving back during this challenging period of transition.

If you would like to learn more about distance Reiki / healing energy and

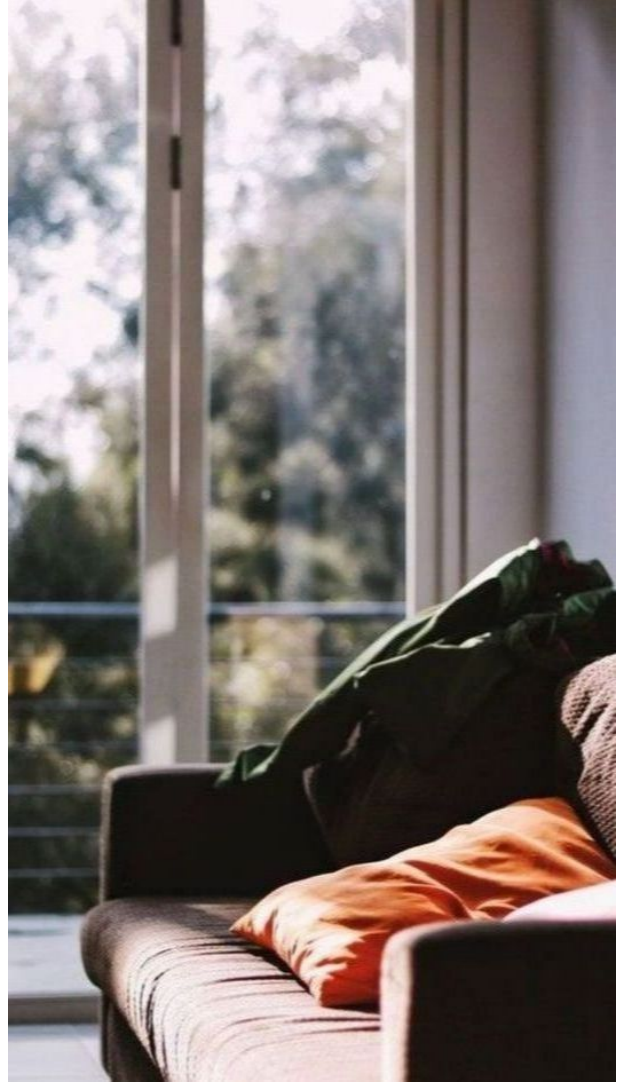
what sessions offered by Resilience are like, check out the [distance healing](#) page on the Resilience website.

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 support you on your healing journey.

Go ahead and schedule a session, then get ready to receive the blessing of 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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