

# Resilience

## Healing Energy by Sue Aumer

### Feeling Your Best in Winter

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**Is winter taking a toll on your physical health or on your emotional well-being?**

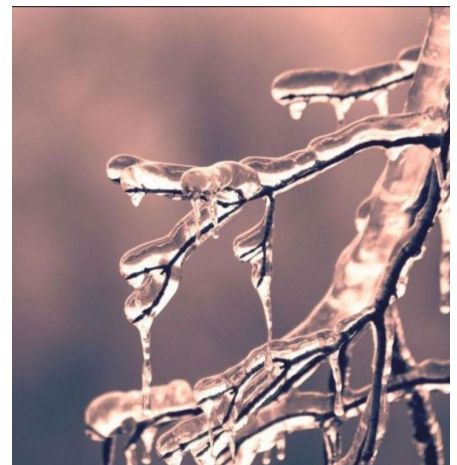
Do the cold temperatures make your joints stiff or achy?

Are your muscles sore from removing snow and ice or from trying to stay upright on slippery surfaces?

Does the limited sunlight sap your energy or affect your mood making you feel out of sorts, sad or depressed?

A Reiki / healing energy session enhanced by heat and negative ion therapy may be just what you need to help you feel your best ... even in the middle of a Minnesota winter!

Did you know? At Resilience, **all sessions are offered on a full body far-infrared (FIR) heat mat that emits beneficial negative ions.** And there is no additional charge for this.





Far-infrared energy is essentially the same kind of rejuvenating heat you experience in sunlight but without the harmful UV rays. **FIR heat**, which **penetrates up to six inches below the surface of the skin**, has been **called nature's pain reliever** in that it helps alleviate all types of musculoskeletal discomfort including arthritis pain, muscle spasms and stiffness, back pain, joint aches and muscle tenderness.

When the tourmaline and jade crystals embedded in the mat are heated, they become activated producing large quantities of negative ions. These **negative ions** support our health by minimizing proliferation of airborne toxins and allergens, **boost energy** and **improve mood** and have even been **associated with the suppression of symptoms related to SAD** (Seasonal Affective Disorder).

Schedule a Reiki / healing energy session at Resilience and experience results for yourself!  
Sessions are available

- Monday, Tuesday and Thursday afternoons and early evenings, and
- Friday and Saturday afternoons.

I look forward to supporting 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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