

Resilience

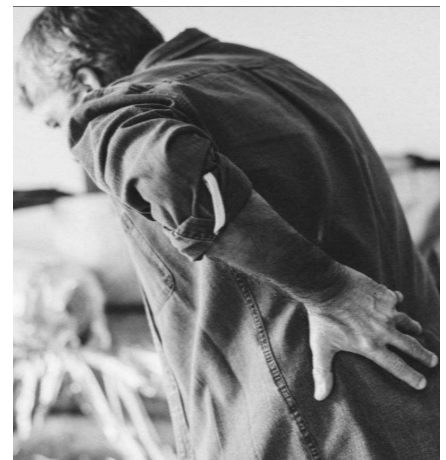
Healing Energy by Sue Aumer

Relief

from **Aches**
and **Pains**

Do you need relief from the ongoing discomfort of muscle spasms, stiffness, joint tenderness or back issues, or from the pain of a chronic condition such as arthritis or fibromyalgia?

Have you had a recent injury and could use some support for healing pulled muscles or sore joints?



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Reiki / healing energy adjustments and corrections can help reduce these kinds of aches, pains and discomforts. In addition, Reiki / healing energy can help reduce any anxiety or stress that may be underlying or aggravating painful physical conditions.

Though distance Reiki / healing energy can be just as effective as an in-person session in relieving pain and facilitating relaxation, an in-person session may also include far-infrared (FIR) and PEMF (Pulsed Electromagnetic Field) therapies synergistically working with Reiki / healing energy to address your pain.

Far-Infrared (FIR) Therapy

At Resilience, all in-person sessions are offered on a full body far-infrared (FIR) revitalizing heat mat.

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.

PEMF (Pulsed Electromagnetic Field) Therapy

PEMF therapy is an FDA approved technology used in orthopedics to support bone healing and to reduce inflammation and joint pain.

PEMF therapy can quickly correct minor tissue problems like pulled muscles. And multiple treatments can bring about improvements in more complex and entrenched conditions such as arthritis.



The PEMF device used at Resilience is a thin lightweight 24" x 16" rigid pillow containing four copper coils embedded in a layer of padding. The coils generate a low frequency pulsed electromagnetic field when the device is activated.

See [website](#) for PEMF contraindications.

CAVEAT: Though Reiki / healing energy and therapeutic enhancements offered by Resilience are powerful complementary therapies, they are never NEVER a substitute for treatment from a licensed medical professional.

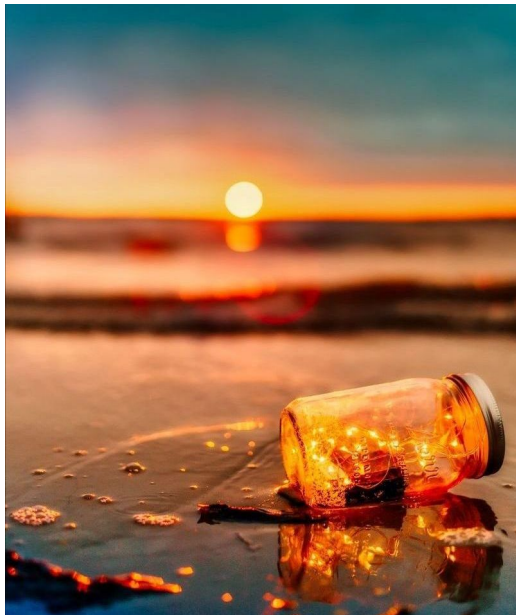
HOW DO I SCHEDULE A SESSION?

It's easy! Just click the button below to select the type of session you would like:

- [in-person](#) (30, 45 or 60 minutes),
- [distance](#) (30 minutes), or
- [distance for companion animals](#) (30 minutes).



[Schedule a 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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[Visit Resilience's Website](#)



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