

Resilience

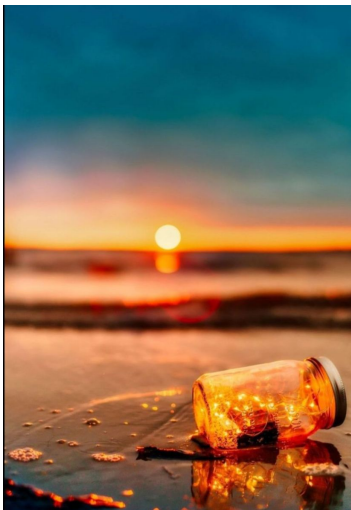
Healing Energy by Sue Aumer

Staying Resilient as the Seasons Change



The colorful leaves and crisp temperatures of autumn can be beautiful and refreshing. However the inevitable transition to much colder weather and the darkness of winter can take a toll on our physical health and for many of us, on our emotional health as well.

In addition to Reiki healing energy, Resilience offers a powerful blend of complementary healing modalities that can give you the energetic boost, the resilience you need to stay as healthy and grounded as possible during this seasonal shift.



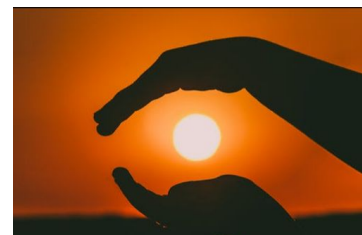
For example, all Reiki sessions are offered on a full body far-infrared revitalizing heat mat which also emits beneficial negative ions.

FAR-INFRARED (FIR) THERAPY

FIR 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.

NEGATIVE ION THERAPY

Negative ion therapy supports our physical health, boosts our energy, improves mood and has even been associated with the suppression of symptoms related to SAD (Seasonal Affective Disorder).





At Resilience, all complementary therapies such as far-infrared and negative ion are included with your Reiki session at no additional charge.

As the seasons change this year, remember that Resilience is here for you - to provide you with resources that support your healing when aches and pains or seasonal depression impact your quality of life, and to help you stay healthy when you are well.

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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