

Resilience

Healing Energy by Sue Aumer

How prepared are you?

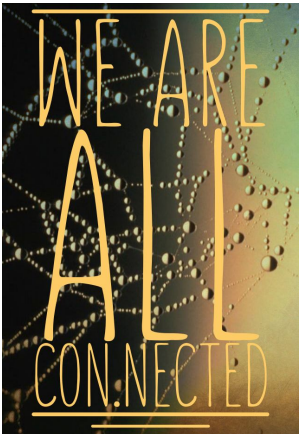


Global pandemic,
racial injustice,
natural disasters,
divisive politics ...

Times of crisis are also times of opportunity. Opportunities to grow. Opportunities to make a difference.

How prepared are you to make the most of these opportunities?

Devastating crises like these can easily drain our energy, depress our mood and negatively impact our sleep making us ill-equipped to cope, much less to respond effectively. Especially if we're directly affected. But even if we're not, crises still take a toll on us because we're all connected.



If pandemic restrictions have been getting you down, if social injustice and divisiveness are triggering your rage and despair, if wild fires and hurricanes are making you feel overwhelmed and hopeless, you could use some re-charging.



Regularly re-charging your energy reserves can work wonders! When your energetic resources are maximized, rather than focusing on the destructive side of crises, you will be able to envision a bright future and motivated to build an even better life for yourself, your family, your community and the world.

Taking good care of yourself - eating well, exercising, doing more of what you love and what inspires you, limiting consumption of negative news - is essential for replenishing your energy resources. However in especially stressful and challenging times such as these, we can all use an extra boost. Receiving Reiki/healing energy is an excellent way to get that boost.





As long as Resilience's healing space remains closed due to the pandemic, I am offering **individual half-hour distance Reiki/healing energy sessions** to anyone who would like the experience.

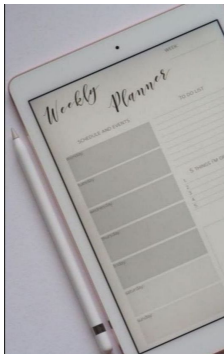
I am happy to provide these **free of charge** as my way of giving back during these trying times.

Remember that because we are all connected energetically, a distance healing can be just as effective as an in-person session.

WHAT IS A DISTANCE SESSION LIKE?

During your half-hour session, you can either sit or lie down, whichever is more comfortable for you, in a quiet space in your home where you won't be disturbed. It is helpful to dim the lights and have soft music playing in the background.

I will be in my healing space sending Reiki/healing energy to you as if you were physically present. You may feel the same kinds of sensations (heat, cool, tingling ...) that you feel during an in-person session as the energy is working in you.



HOW DO I SCHEDULE A SESSION?

Easy! Just click the button below. After you receive your session confirmation, I will email you more details about, and suggestions for your session. Please feel free to schedule multiple sessions.

Whether you are a Resilience client or not, and no matter where you are located, I welcome the opportunity to work with you!

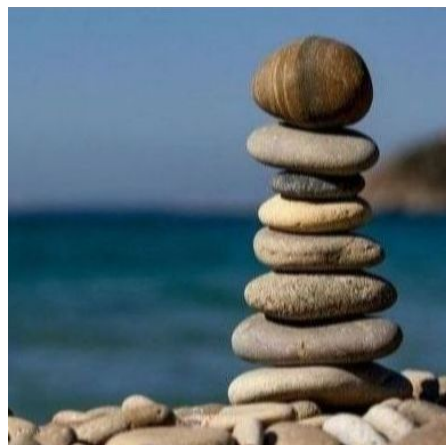
[Schedule a Distance Session](#)

**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**

Holy Fire® is a registered service mark of
William Lee Rand.



[Visit Resilience's Website](#)



Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).

This email was sent to [*|EMAIL|*](#)
[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)
[*|LIST:ADDRESSLINE|*](#)

[*|REWARDS|*](#)