

Resilience

Healing Energy by Sue Aumer

Happy Holidays!



Here in the Northern Hemisphere, the darkest coldest months of the year usher in the warmth and radiance of the holiday season. People of many backgrounds - friends and families whether by blood or by choice - will be gathering to share traditions or to create new ones.

As we focus on celebrations and bringing light into the lives of others, it is easy to overlook important personal care lessons reflected in the stillness of nature this time of year:

- to slow down,
- to regroup,
- to rejuvenate.



It is essential for our health and well-being to be centered, to stay in touch with ourselves - body,



mind and soul. Remember to take time every day to do something that grounds you such as

- listening to music you love,
- taking a long bath,
- cooking or baking your favorite recipes,
- working on a craft that inspires you,
- journaling,
- going for a leisurely walk in nature ...

It may also be a good idea to schedule a Reiki / healing energy session for yourself.

Whether an in-person or a distance session appeals to you, the energy adjustments, corrections and enhancements you receive will be equally effective in helping to

- facilitate deep relaxation,
- improve the quality of your sleep,
- improve your well-being,
- accelerate healing on multiple levels, and
- reduce physical pain and discomfort you may be experiencing.

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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

GIFT CERTIFICATES

Is there someone special in your life who is hurting emotionally or physically, or could just use an energy boost?

Consider giving them the gift of in-person Reiki / healing energy with a [gift certificate](#).



I wish each of you health, joy, peace and prosperity during the holiday season, throughout the new year as well as in the years to come.

Thank you for your support!

Sue

**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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