

Resilience

Healing Energy by Sue Aumer

Elections and pandemic and holidays - Oh my!



Elections

Here in the US we are being bombarded by the energy of divisiveness, antagonism and pervasive anxiety surrounding many of our elections.

Pandemic

Another COVID wave means even more energy of uncertainty coming at us about what toll this pandemic will take on us and our communities.

Holidays

Heightened energy of holiday upset is impacting us this year. We will need to re-envision how we celebrate holidays in light of social distancing. Maybe some of us will need to celebrate alone.

The overabundance of powerful super-charged energy around us these days vying for our attention and pulling us in different directions is easily capable of overloading and overwhelming us physically and emotionally. It's no wonder so many of us are feeling off-balance and fractured.

Our physical health may be compromised, we may have more aches and pains than usual, we might be feeling extra moody or depressed, and the amount or quality of our sleep may be reduced - all making us less able to cope effectively with life.





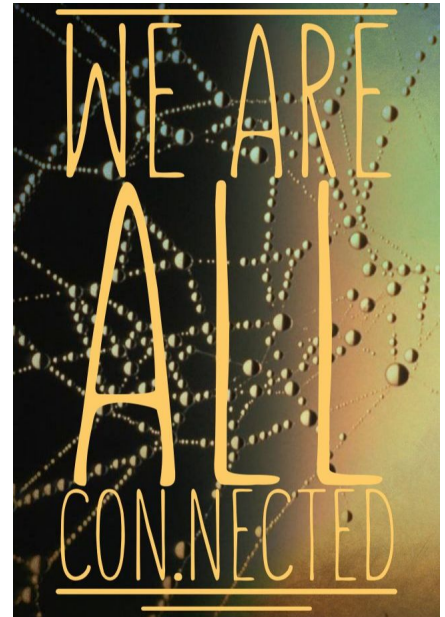
Taking good care of ourselves- eating well, exercising, doing more of what we love and what inspires us, limiting consumption of news, spending time in nature - is essential for keeping centered, for balancing our energetic resources.

However in especially stressful and challenging times such as these, we can all use some extra support. Receiving Reiki/healing energy is an excellent way to get that support.

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 in a quiet comfortable space in your home where you won't be disturbed. It is helpful to dim the lighting 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.

If you'd like more information on distance healing at Resilience, please visit my [website](#).

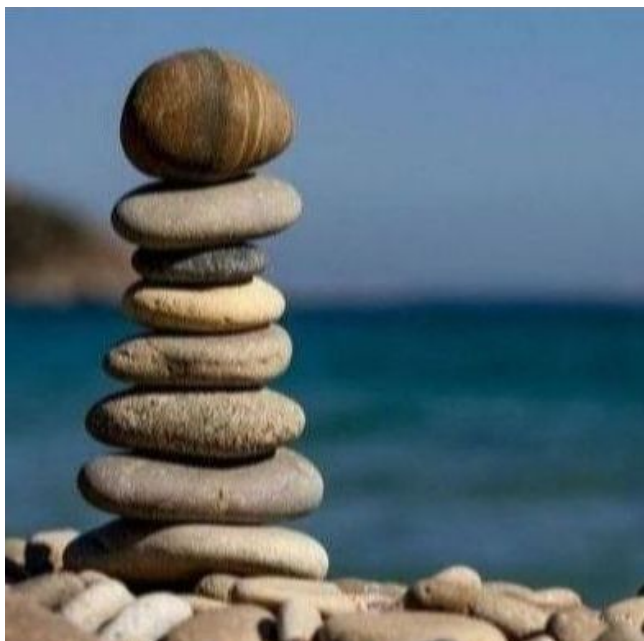
HOW DO I SCHEDULE A SESSION?

Easy! Just click the button below. You're welcome to schedule multiple sessions.

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



[Schedule a Distance Session](#)



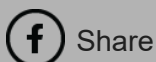
**Thank you
for your business!**

Sue Aumer
Usui Holy Fire® III Reiki Master /
energy worker

**"The wound is the place
where light enters you." -
Rumi**

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