

Resilience

Healing Energy by Sue Aumer

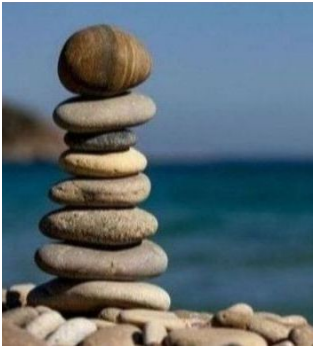
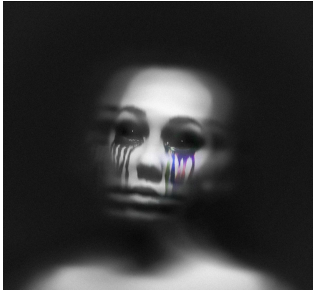
It's been a looong haul ...



... and there's still further to go.

The path through this COVID pandemic has been full of twists and turns, ups and downs, horrible losses and slow recoveries. It has been relentlessly challenging and resource draining.

If you find yourself running on empty these days, if you are feeling tired much of the time, are frequently finding yourself on your last nerve emotionally, or are feeling disconnected, sad or even empty at times, remember that Reiki / healing energy can help replenish your energetic reserves and support you in re-connecting with the joy in life.



Among its benefits, Reiki / healing energy can

- help accelerate healing on multiple levels,
- reduce pain and discomfort,
- facilitate deep relaxation and quality sleep, and
- improve well-being

essentially helping to optimize all aspects of health so we can live our lives more fully.



CAVEAT: Though Reiki / healing energy is NEVER a substitute for conventional medical treatment, it is a powerful complementary therapy. It is important to seek conventional medical treatment if you are unable to carry out your daily activities!





As long as Resilience's in-person healing space remains closed due to the pandemic, **FREE individual half-hour distance Reiki / healing energy sessions** are being offered to anyone who would like one. This is my way of giving back during these challenging times.

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

If you would like to learn more about distance Reiki / healing energy and what sessions offered by Resilience are like, check out the [distance healing](#) page on the Resilience website.

HOW DO I SCHEDULE A SESSION?

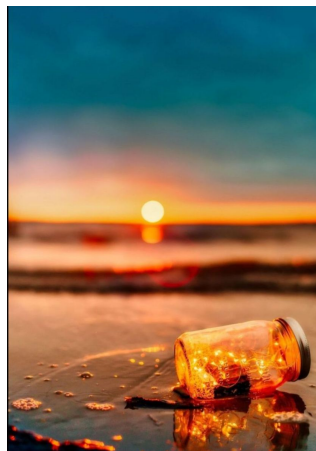
Easy! Just click the button below. You're welcome to schedule multiple sessions if you would like.

Whether you are already a Resilience client or not, and no matter where you are located, I welcome the opportunity to support you on your healing journey.

Go ahead and schedule a session, then get ready to relax and soak up some healing energy!



[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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