

MORE THAN WE SEE...

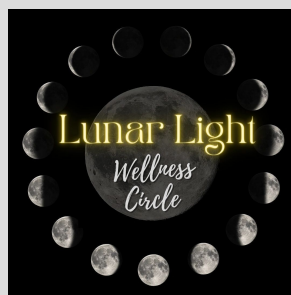
a renewals-letter

With the New Moon as harbinger, this newsletter invites opportunity for renewal each month. Read on for events & invitations, resources & highlights.

Upcoming Wellness Events:



Support Maine Practitioners & Artisans



Building Wellness Through Awareness



Movement to Release Emotions & More

Lunar Light Wellness Circles: Creative connection & wellness awareness

~ Full Moon Circle - Hosted by [Studio at One Earth](#) on Tuesday, March 26th

~ New Moon Circle - Hosted by [Flourish](#) on Tuesday, April 9th

Friday Night Thrive: YogaDance to lose your mind & come to your senses

~ Hosted by [Rooted in Flow Yoga](#) on Friday, March 29th

Mind Body Spirit Festival: Energize your life & rejuvenate your spirit

~ A special event at the [Fairfield Community Center](#) on Saturday, April 20th

Event Highlight: A Gift of Sound



Lunar Light Wellness - New Moon Circle

On Tuesday, our **Lunar Light Wellness Circle** received a glorious gift from Flourish's owner/creator, Maribeth Amber joined by the talented, Rob Harvie.

This sound bath was an impressive presentation of Maribeth's gongs and crystal bowls and Rob's handcrafted didgeridoos; accompaniment by unique drums, elemental chimes, and various percussion instruments leaving us equally curious and fully relaxed.

Fortunately, I've received many sound healing sessions over the years from talented practitioners in our southern Maine region. And this night was no exception. Thank you to Maribeth and Rob for gifting our wellness circle with a wash of sound to boost our vitality this month. Check out Flourish's 90-minute, sound healing event below.

Upcoming Opportunity!

An elevating sound healing experience...

Gong and Crystal Bowl Sound Healing

Sunday, March 17th

5:00 - 6:30pm

[Flourish Arts for Sacred Healing](#) in Biddeford, ME



Maribeth Amber, Owner/Creator at Flourish

Resource: The tool of a lifetime... **Emotion Code®**

In my healing practice, **Emotion Code®** is the modality I use most often with clients. This comprehensive tool is designed to release trapped emotions from your body, help you identify the origins of inherited emotions, and more with this unique system of kinesthetic



Emotion Code ® Release

(muscle) testing.

Personally, my journey with Emotion Code ® has been highly impactful in numerous ways. Upon learning this tool over 8 years ago, it quickly became a cornerstone of my self-care. I was able to (and continue to) identify and release emotions stuck within my body that had been there for many years. I struggled with fear and worry most of my life which directly impacted my choices.

Releasing years of accumulated emotions from my body has set me free in ways beyond what I thought possible.

We all deal with uncountable experiences, interactions, and dramatic events across the minutes, months, and years of our lives. Being a human in our modern culture, we're not able to fully process all of the emotions accumulated from these events. In simplest terms, sometimes it's as if we have a huge thorn stuck inside us, and we are oblivious of its presence. Emotion Code ® helps us identify and remove such thorns to be free of their impact.

As a practitioner, Emotion Code ® has given me a modality that is non-intrusive, does not require clients to re-live every challenging moment of their past, gets to the core of issues very quickly, provides people with better understanding of themselves, and opens the door to more efficient healing.

I am regularly surprised by the reactions of my clients. Many are also healing practitioners and are very self-aware. Nevertheless, Emotion Code ® helps them identify barriers within themselves, often to their surprise. One practitioner I worked with this year told me that she had been working on a particular issue for years and had not been able to get to the core of it. Halfway through our time together, she had a breakthrough and gratefully chose to end her session early so that she could absorb and process what had just happened. Long story short, Emotion Code ® is a powerful strategy for self-care, and I feel honored to be able to help my clients in this way.

Want more information on this powerful modality? Please reply to this email today or book a **FREE 30-minute Session Inquiry** to sample this amazing tool.

Until the next new moon...
Blessings and Gratitude,
Deneen



FREE Remote Session

Book Sessions & More at DeneenBernier.com



Please note:

You are receiving this newsletter as you've **requested** this information OR you've **booked** a session with me for wellness support.

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