

# Holistic Remedies WEEK THREE



PRESENTED BY

NESTED Holistic



THE  
Chakra  
Activation  
Method™  
BY ANDREA FRASIER

CERTIFIED CAM PRACTITIONER



“If you want to find the secrets of the universe, think in terms of energy, frequency and vibration.”

Nikola Tesla



- Doula, childbirth educator
- Reiki, Theta Healing & Access Bars Practitioner
- Aromatherapist
- CAM practitioner



# THE HUMAN ENERGY BODY

Life Force Energy:

- Chi
- Ki
- Prana
- “The Force”



# ENERGY FIELD



We are constantly giving and receiving energy all the time- whether you realize it or not!

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# ENERGETIC HEALING WORKS ON ALL 4 LEVELS

- Mind
- Body
- Spirit
- Emotions

When you take the time to identify the location of an imbalance and target it using energy balancing techniques, you enable your body's natural ability to heal.



# Benefits



## REIKI FOR CHILDREN

- When children's energy is out of balance they become fussy, whiny, irritable, hyperactive, tantrum-y, sick
- Children have fewer blocks, are receptive and responsive to Reiki
- They require less treatment time (5-30 minutes)
- Bedtime, story time or while sleeping are great times
- + they don't have to be lying down and you don't have to hit all the right spots
- Can help babies with:
  - Colic
  - Reflux
  - Sleep
  - Fussiness
  - Bonding
  - Feeding difficulties
  - After vaccinations



# Benefits

- Can help children with:
  - Overstimulation (grounding)
    - Immunity
    - Nightmares
    - Fears
    - Tantrums
  - Transitions/changes
- Can help older children/teens with:
  - Self confidence
  - Hormonal changes in puberty
    - school/study stress
    - social stress





# Hand positions

Gently place hands on abdomen, chest or head

works well for fussiness, gas pains, congestion, overstimulation, sleep

- ❖ babies and children respond to energy/bodywork well sometimes only 5-30 mins is needed depending on age!
- ❖ they don't need to lie down and often won't be still during the offering! That's ok, let them roll, wiggle and move as needed.



# Next Steps



- Book a private session! Nested's sessions can be scheduled in home or clinic, I will help you discover the areas to work on and show you simple techniques you can continue at home for yourself and or your little one.
- there is no right or wrong way, stay curious and explore how touch therapy techniques can expand your wellness
- a little goes a long way! Sometimes simple practices of 5 or 10 mins here and there during the day can be very impactful