



WELCOME TO

# The Element

*We're so glad you're here!*



## CHAKRA INSIGHT



Soul Star Chakra

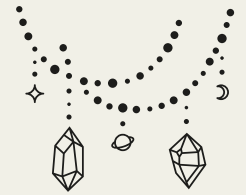
## SUTARA

- Associated with universal consciousness, the authentic self, and the Akashic Records
- Connected to the subconscious mind and dream state





# CRYSTAL HIGHLIGHT



## LEMURIAN QUARTZ

### *The Conscious Stone*

Lemurian quartz contains Akashic lines that appear as striations along the surface of the crystal.

The striations are hieroglyphics that resemble Sanskrit lettering when magnified .

These beautiful crystals hold the energy of unification and expanded consciousness. Utilize this energy during meditation and healing sessions.





# Aromatherapy Recipe



Frankensense,  
Myrrh, &  
Sandalwood  
**ESSENTIAL  
OILS**



## APPLICATION:

Dilute 2 drops each of frankincense, myrrh, and sandalwood essential oils in 1 tablespoon of grapeseed oil.

Massage the blend onto the Crown Chakra area, located at the top of the head in the center. Set the intention for the oil to rise into the Soul Star Chakra, located 6-12 inches above the Crown Chakra.

**CARRIER  
OIL:**  
Grapeseed  
Oil

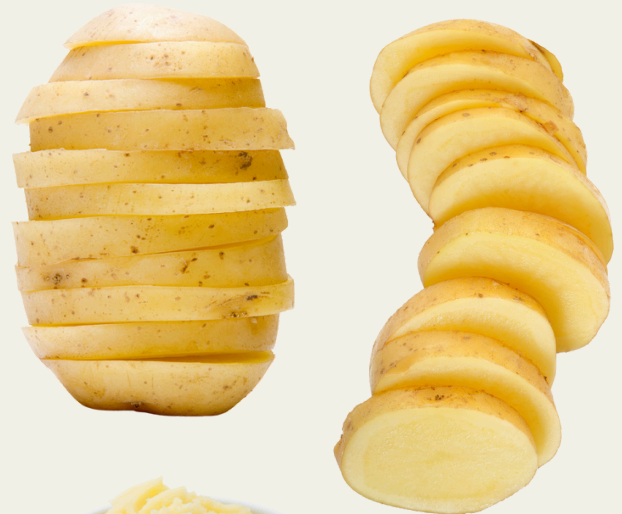




# Health Benefits Of GOLD POTATOES



- Rich in Vitamin C
- Rich in Potassium
- High in Antioxidants
- High in Fiber
- Great Source of Vitamin B6
- May aid in digestion
- May support eye health
- May support bone health
- May improve cardiovascular health
- May lower blood pressure
- May lower blood sugar





# Roasted Potatoes

*with Carrots & Onions*



4 servings



45 minutes

## INGREDIENTS

1 lb. purple & gold  
potatoes (diced)  
1 lb. purple & white  
carrots (diced)  
1 onion  
(halved and sliced)  
2 tbs minced garlic  
4 tbs olive oil  
1 tbs thyme  
1 tbs rosemary  
1 tsp salt  
1 tsp pepper  
fresh herbs for garnish

## DIRECTIONS

1. Preheat oven to 425°F
2. Place diced potatoes, and carrots on parchment lined baking sheet
3. Add onions, and garlic to baking sheet
4. Drizzle with olive oil
5. Season with thyme, rosemary, salt & pepper
6. Roast in oven for 30 min or until desired tenderness
7. Allow to cool for 5 min
8. Garnish with fresh herbs
9. Serve immediately



## FEATURED SERVICE

# Distance Energy Therapy

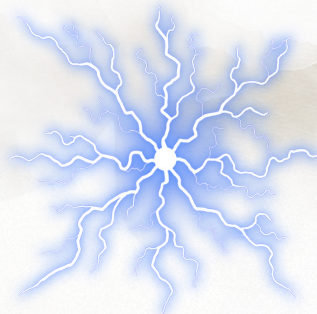
Distance Energy Therapy is a restorative wellness experience that harnesses the power of energy to promote healing and balance. Through distance sessions, clients experience profound relaxation and rejuvenation. Session is conducted virtually via Zoom. Clients lie down and relax while having live access to practitioners throughout the session.

Session Includes:

Grounding Meditation

Chakra Balance

Energy Body Cleanse

A collage of images related to distance energy therapy. The top left shows a person meditating in a lotus position with a glowing energy field around their head. The bottom left shows two hands holding a glowing energy field with the Japanese characters '靈氣' (Reiki) written in the center. The bottom right shows a pile of dark, faceted crystals. The background is a dark, starry space with a large, glowing moon or planet.

**DISTANCE ENERGY THERAPY**

Grounding Meditation  
Chakra Balance  
Energy Body Cleanse  
1 hour session

**Essential Element**  
HEALING ARTS

WWW.ESSENTIAELEMENTHA.COM

Energy Treatment:  
The entrainment and  
realignment of the  
subtle energy body  
with the physical body  
to restore homeostasis.

[Schedule Now](https://www.essentialelementha.com)



# UPCOMING EVENTS



Sound Bath  
& Chat

August 12th  
6p - 8:30p



This event provides a "Good Vibes Only" space to relax and unwind while immersing in the healing vibes of sound.

An opening and closing group sound bath is provided.

Chat Topic:  
Connecting with Spirit Guides

Coffee, tea, and snacks provided.

*Connecting  
with  
Spirit Guides*



**RESERVE YOUR SPOT!**

# UPCOMING EVENTS



10 wk Course  
Saturdays

Aug 10 - Oct 12

11a-1p



Students will be provided required books and manual along with Level 2 attunement, attunement journal, and certification.

Students will also receive hands on practice with teachers and clients. Personal portfolio photos will be provided upon level completion.



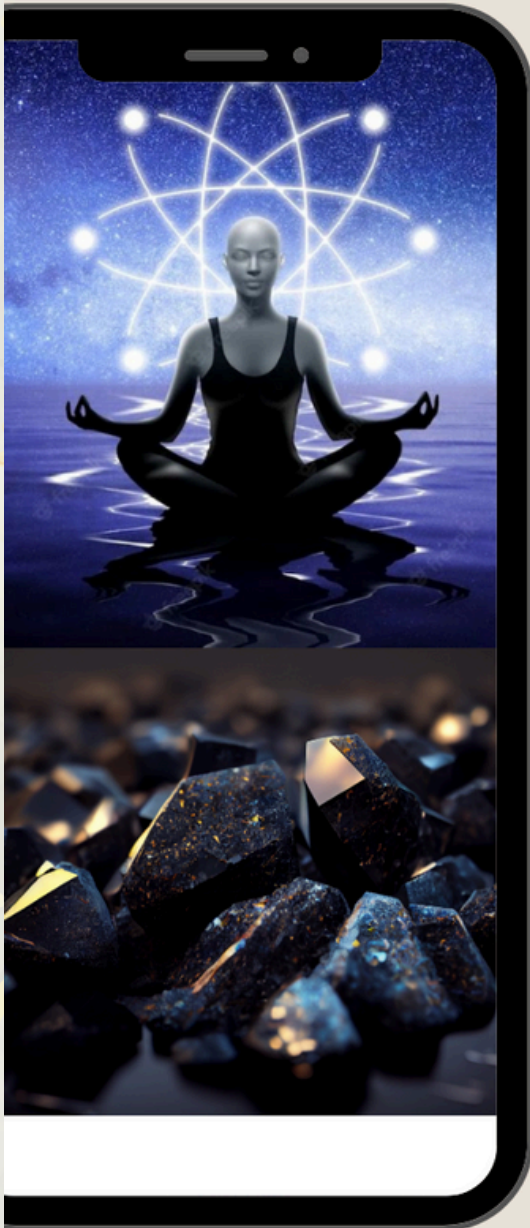
Class will be held every week for 10 weeks on Saturdays 11am-1pm. Class begins Saturday August 10, 2024 and will run through October 12, 2024. \$200 deposit plus \$50 per class for 10 weeks = \$700 total.

Students must complete Level 1 with Essential Element Healing Arts before registering for Level 2, Level 3, and Level 4.

[DEPOSIT LINK](#)



# Featured Testimonial



*I Offer my  
Highest Referral*

I offer my highest referral for Khadijah and James. They have been such a blessing to my family and I. They were able to assist with a serious situation that other seasoned professionals were unable to resolve.

As I was dealing with a very severe situation, their response rate was impeccable. They were able to channel and zoom to address immediate issues. They were also readily available by message and phone after normal business hours.

*-M.K.*



# Book Your Session Today!

RELAX WITH THE HEALING ARTS OF VIBRANT ENERGY



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**LET'S CONNECT!**



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