

WELCOME TO

The Element

We're so glad you're here!



CHAKRA INSIGHT



Sacral Chakra

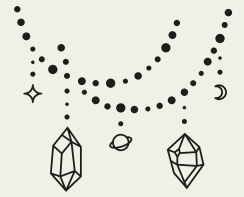
SVADHISTHANA

- Associated with creativity, sexual energy, sensuality, passion, pleasure, and emotions
- Connected to sexual organs, kidneys, bladder, large intestines, lower back





CRYSTAL HIGHLIGHT



FIRE OPAL

The Fire Stone

This beautiful spark of light is known to promote emotional balance and spiritual growth.

Fire Opal ignites creativity, boosts motivation, and is said to relieve pain in addition to sending healing energy to the reproductive system.

This incredible stone burns away negativity and connects one with their own inner drive and focus, supporting the Sacral and Solar Plexus Chakras.



Chakra Imbalance

Sacral CHAKRA

—◆—
IMBALANCES
MAY
MANIFEST AS
—◆—

- Addiction
- Guilt
- Emotional
Instability
- Low Libido
- Dependency
- Lack of Creativity
- Sexual
Dysfunction





Health Benefits Of PEACHES



- High in Fiber
- Rich in Vitamin C
- Rich in antioxidants
- May promote heart health
- May protect against cell damage
- May support healthy skin
- May support immune system
- May promote gut health
- May aid in digestion
- May aid in weight loss



Peach Caprese Salad

with Fresh Basil



4 servings



10 minutes

INGREDIENTS

3 fresh ripe peaches
(pitted and quartered)
1 bunch of basil
1 (8 ounce) pack
fresh mozzarella
salt & pepper to taste

Optional:
prosciutto
red onion slices

DIRECTIONS

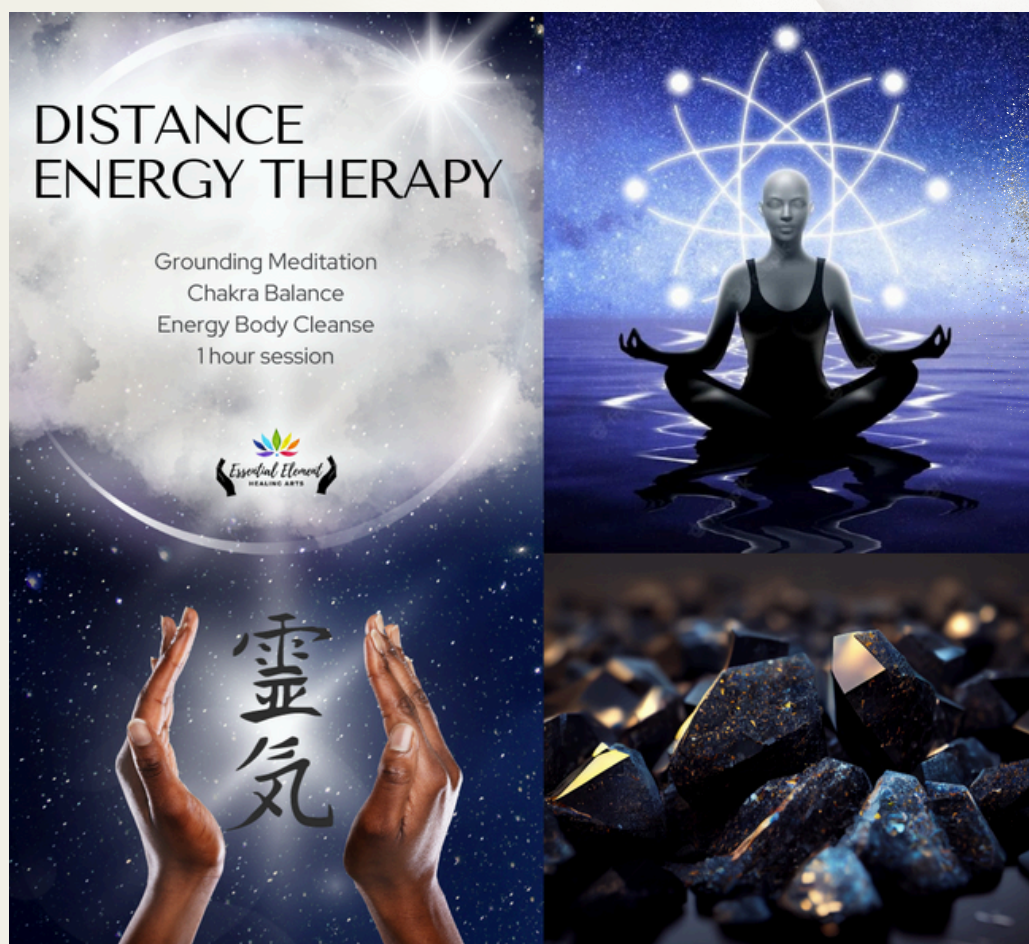
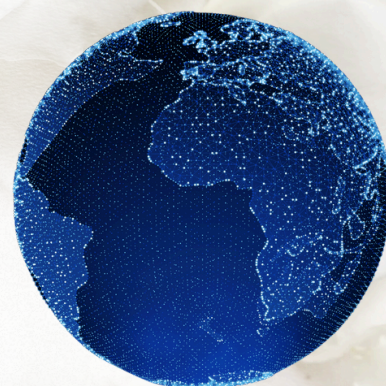
1. Cut each peach quarter into thin slices
2. Cut mozzarella into thin slices
3. Place basil leaves on top
4. Drizzle with vinaigrette of choice
5. Season with salt & pepper to taste
6. Top with prosciutto and red onion slices
(Optional)
7. Serve immediately

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



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

[Schedule Now](#)

UPCOMING EVENTS



Moon Magic Meditation

**Friday
August 8th**

8p - 9p

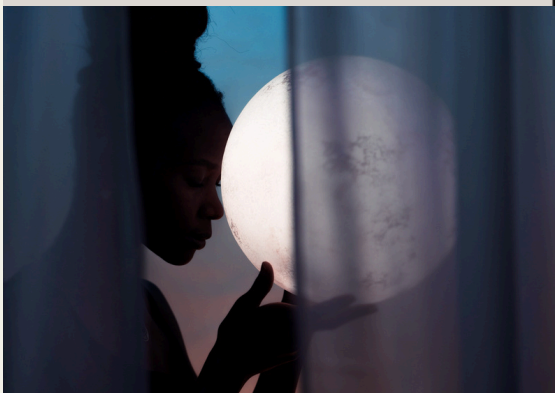


Come merge your energy with the healing vibes of the full moon.

Guided meditation, notebook, journal pages, and moon water vial provided.

We will set intentions and release what no longer serves us into the fire.

Moon milk or moon tea provided.



[Registration Link](#)

UPCOMING EVENTS



**Akashic Sound
Journey
Saturday
August 23rd
6p - 7:30p**



Come immerse yourself in the healing
vibes of sound and the knowledge of the
Akashic Records.

Journey includes a Sound Bath as well
as Guided Meditation into the Akashic
Records to discover deeper insights.

Each participant will have the
opportunity to ask one question of their
Spirit Guides.

Bring your journals!
Water and hot tea provided.



[Registration Link](#)

UPCOMING EVENTS



ENERGY THERAPY



LEVEL I, II, III, & IV TRAINING

12 wk Course Each Level

**Classes scheduled
according to your
availability**



Students will be provided required books, manual, and tools, along with Level Attunement, Attunement Journal, and Certification in Energy Therapy.

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



Each class is 2 hours per week. Class fee is \$900.

Split payments over 12 months with PayPal financing.

Bundled Levels also available for more convenient payment plans.

When registering, select any available date on the calendar.

We will then coordinate your classes according to your schedule or the group class schedule.

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

REGISTRATION LINK

Featured Testimonial



*Such a
Safe Space*

I highly recommend receiving an Akashic Reading! I have been feeling called to access and enter into my Akashic for clarity and guidance. Khadijah hosted such a comforting, safe space where I was able to be vulnerable and with her assistance to clear out some karmic patterns!

S. G.



Book Your Session Today!

RELAX WITH THE HEALING ARTS OF VIBRANT ENERGY



Visit our website to learn more about our products and services and the benefits they provide.

LET'S CONNECT!



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