

ENERGY HEALING

Having an Energy Healing session is a wonderful way to support your growth and achievement of your goals allowing you to feel great on all levels of your being.

Contents:

1 x 60 minute Energy Healing session

What Will Happen in Healing Session? Here is an example:

As well as a coach and registered nurse I am an intuitive energy healer. I work with guidance, intuition and the healing energies of Reiki, crystals and drumming to support you in the healing of your body and mind. By clearing away negative energy I am able to assist you to restore balance, find inner calm and clarity and improve your physical and mental health. You will feel peaceful, relaxed and have a renewed sense of vitality. The self-empowerment that comes from greater wellness allows you to get out of that rut, move forward and fully enjoy life.

While laying fully clothed on a comfortable massage table I will perform a healing session as I am intuitively guided with relaxing background music. This will most likely include me placing crystals on or around your body at the beginning of the session. While channelling energy I will place my hands gently on or just above your body as guided to clear and balance your spiritual, emotional, physical and mental energy fields and chakras.

The blueprint for our physical body is contained within the energy field in and around our body. Our experiences throughout life can affect the vitality of our energy field and ultimately our health.

A sense of well-being and self-control, clarity of presence and destiny, feeling of hope and sense of purpose is what we all seek.

Book a Free Discovery Session with Fiona below to discuss what might be best for you in terms of your needs. Or email Fiona at

fiona@youtopiawellbeing.com.au