



Aura Wellness Centre Self-Empowerment Program

~A ten-week journey into wellness~

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Week One – we will do an hour-long coaching session to see where you are at right now and where you would like to go with your life. This session includes: the Earth Energy Empowerment to ground you and connect you to Gaia, our Mother Earth; Breath-empowerment exercises; Affirmations; and a Personal Aromatherapy Blend for wellness.

Week Two – progress sharing, tools for wellness, and a Reiki session

Week Three – progress sharing, tools for wellness, and a Reiki session

Week Four – progress sharing, tools for wellness, and a Reiki session

Week Five – Reiki Self-healing Module to attune you to the Reiki Source and show you how to do daily self-healing sessions for yourself – Personal Empowerment (this is not equivalent to Reiki I Practitioner training)

Week Six – Emotional Freedom Techniques to clear your meridian system of unwanted energy strings and blocks. More tools for daily use.

Week Seven – Emotional Freedom Techniques to clear your meridian of unwanted energy strings and blocks. More tools for daily use.

Week Eight – Review; you choose the modality from Reiki, EFT, or ThetaHealing

Week Nine – Review; you choose the modality from Reiki, EFT, or ThetaHealing

Week Ten – Review; you choose the modality from Reiki, EFT, or ThetaHealing

Healed or Cured? **A Simple Question...**

“So, are you saying you are cured of MS and Lupus?” came the question. My response is simple. “No, I am not cured. The symptoms sometimes bother me from time to time. I do say I am healed, though, because the symptoms don’t bother me often. When I was sick, I was just getting worse and worse with no lessening in between. I had to use canes, a wheelchair, and a scooter to get around on the days I could get up off the couch. I lost my job. I lost feeling in various parts of my body. My vision blurred and I was known to just pass out at the drop of a hat. I was in a tremendous amount of pain.

It took a daily commitment and persistence to follow the program laid out for me and now I feel well. I have energy from morning to night and am improving every day. I am back into life. I feel whole again.”

In an effort to come up with an even better answer, I went online and typed in 'what is the difference between being healed and being cured?' The following reply was number three on the list.

__“From ‘defining complementary and alternative healthcare, Healthcare Network, Health Canada’

A cure is an externally applied medical intervention that removes all evidence of diagnosed disease. Healing is an internal process of recovery that takes place on the Physical, Emotional, Mental, and Spiritual levels and results in the person’s having a sense of being complete, in balance with self and surroundings. Because the two need not and may not occur together, it is possible for a person to feel healed even when a cure is no longer possible, and to be cured but not healed.”__

There is a difference between being cured and being healed. A cure is something that can be measured in scientific terms. To heal comes from an Old English word meaning to make whole. It belongs to the realm of body, mind, and soul and is not so easily measured. By combining the best that science has to offer with the wisdom of holistic healing, we have a better chance of being cured and healed of disease. We need to remember that traditional holistic healing is not any more magical than modern western allopathic medicine.

How it works...

- ☉ Weekly 1-hour daytime appointments only
(bookings begin at 9:00 am; last appointment is 4:00 pm);
same time and day each week.
- ☉ Commitment in writing to come to each appointment
- ☉ Be willing to incorporate the life-style changes agreed upon
- ☉ 10 prepaid sessions \$840.00

If you are really ready to make the change, please call me and I will be of service to you any way I can.