



Suite 500, 209 - 19th Street NW Calgary, Alberta T2N 2H9 tel: 403.375.0103 fax: 1.866.733.8627 www.livingyouressence.com

Welcome!

Welcome to the Living Your Essence Healing Centre. We are excited to share our work with you!

Why our new healing centre?

Our practitioners are passionate about helping themselves and others to awaken to inner purity, potential, purpose and physical wellness.

How does energy healing work?

True healing lies in developing a deep awareness of oneself on all levels – physical, mental, spiritual and emotional. Our healing sessions dissolve unconstructive energy that is blocking this natural awareness from surfacing; as a result, you are better able to live as intended – as calm, healthy, and vital beings.

What is an Essence Alignment Healing Session?

Essence Alignments are energy healing sessions that help us to function more health-fully inside, and also within our physical environments. They help us to feel clearer, to be free of fear, and more confident and certain about how we are living our lives. Using a gentle and non-invasive approach to energy healing, our specialized practitioners work intuitively through layers of belief systems, conditioning, attitudes and perceptions, gently dissolving away blockages, while helping your body and mind to recover their natural healing capacities.

While many modalities look to 'fix' what is wrong or out of balance, Essence Alignments aim to enhance what is already healthy, content and pure in our systems. As this natural energy is brought to the surface, unnecessary complexities and energetic obstructions are easily cleared away, with lasting effects. Activating our bodies' natural healing abilities allows our physical, mental, and emotional symptoms to dissipate, leaving us more able to live with clear minds and open hearts, as we were intended to be.

BEFORE YOUR SESSION

What do I have to do?

Please fill out our Intention Form in the waiting room (or at home) prior to your session.

Be as brief or as thorough as you wish – writing an intention is really an opportunity for you to reflect upon what you are hoping to receive from your healing session. Your practitioner will meet you in the waiting room, and will read through your intention before the session begins.

What can I expect?

You will be lead from the waiting room to a massage table in our treatment space. Your practitioner will take you through an introduction of the work and answer any questions that you may have.



Also, before you arrive for your session, your practitioner will already have 'tuned-in' to your energy field to determine which aspects of your body-mind complex are most in need of balancing. This information, along with any messages that were received for you, will be shared with you before your session begins. This information will allow you to gain an overall understanding of what changes you can make in order to heal in the most efficient manner possible. Because our minds reflect our bodies, and our bodies reflect our minds, it is always helpful to know which habits can be changed to benefit our overall health and wellbeing.

When ready to begin, simply allow yourself to relax comfortably back onto the massage table, slipping into a restful state where you need to do nothing more than receive the healing that is being offered to you. Your practitioner will have her hands over your head or shoulders, and sometimes over the heart. You don't need to try to control your thoughts, or do anything in particular; simply let your body relax into your breath, and the rest will be taken care of.

Your practitioner will let you know when your session has finished, and will then provide a brief summary for you, as well as give you some session notes to take home with you. This will allow you to better recognize the changes you are likely to experience in the weeks following your session. These changes, also called 'shifts', may be experienced immediately or in the days following your session, and will continue to unravel and reveal themselves over the course of several weeks. All sessions are gentle and non-invasive, and work to reveal your true, essential, healthy nature.

How long will the session take?

All sessions are booked on the hour. Generally there is time spent in discussion and consult at the beginning and the end, with the session in the middle usually lasting anywhere between 20-40 mins. Session lengths differ according to each individual, and intuitive guidance is always followed as to when the session has completed.

AFTER YOUR SESSION

What do I do?

Allow yourself time to absorb and accept your healing by sitting quietly in the waiting room or in your car for a few moments following your session. Have a drink of water, and recognize the difference in your state of your mind as compared to when you first arrived. It is common for your mind to feel clearer, calmer, and for your whole body to be more naturally at ease.

What is the cost of a private session?

The cost for private sessions is \$100.00 including GST.

Payments can be made by debit, cash, email money transfer, cheque, Visa, Mastercard or PayPal.

When do I book again?

Occasionally, practitioners will recommend a specific time for a follow-up treatment, or may suggest a general maintenance visit. If not, clients are always encouraged to follow their own



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internal guidance and book again when the time feels right – usually when they feel energy building up again inside. They know that a healing session will be able to help them release the mounting pressure they are feeling.

Keep in mind that it is common for this work to take time to integrate and process throughout your system – changes are made on a deep level and continue to work for the coming weeks, from the inside, out. To book again, email booking@livingyouressence.com, or call 403.375.0103.

Distance Healing Sessions

Offered remotely Monday through Saturday, distance **Essence Alignment** healing sessions are designed for those who are interested in gaining a deeper understanding of their own healing process, but are unable to visit in-person. Our practitioners are adept at dissolving energetic blockages from afar while simultaneously providing a recorded summary of all that was addressed in your session. This process allows you to bring attention and further healing to the unconscious aspects of self that are inhibiting your natural experience of well-being and manifesting as physical, emotional, mental and spiritual symptoms.

Distance energy healing sessions are as effective as treatments done in-person. Sessions can be given to anyone, anywhere in the world. Your practitioner will connect with you energetically on the date and time of your booked appointment and deliver your MP3 recorded session via email on that same day. For more information, please visit the Our Services page of our website.

Recorded Session cost: \$100.00 (CDN) GST included