



## Elemental Holistic Therapies

Body/Mind Healing for You and Your Animal Friends

[www.elementalholistictherapies.ca](http://www.elementalholistictherapies.ca) / 867.335.0078

**The start of summer officially begins soon. Help me celebrate the longest day of the year with my**

## **Solstice Savings Spree\***

**Choose from one of the following:**

- ✓ Two (2) **Foot Reflexology** sessions for \$100 (save \$20)
- ✓ Two (2) **Quantum-Touch® Energy Healing** sessions for \$100 (save \$20)
- ✓ One of each – One (1) **Foot Reflexology** session and One (1) **Quantum-Touch® Energy Healing** session for \$100 (save \$20)

*Reflexology and Quantum-Touch® Energy Healing* are two modalities that help your body function better. Benefits can include more restful sleep, increased energy, pain reduction, ease from chronic aches and pains.

**Pamper yourself, and feel better too!**

**\*Purchase by June 21, 2014 (does not apply to house visits)**

## Thanks!

I must send a heartfelt “thank you” to my animal and human clients, to my students, and to everyone whose paths have crossed mine. I have witnessed your stories, and they have touched my heart and enriched my life.



My hope for everyone is that every day, we are open to those moments that enhance our life, bring us joy and even sorrow, that allow us to access and embrace our hearts, and the hearts of others.

## Reflexology News:

It`s been a busy winter, and a big thank you to all who helped me with my Hand Reflexology practicum. I am now a **Certified Hand Reflexologist**, and I look forward to helping those of you who don`t like your feet touched ☺.

## Is Reflexology covered by Insurance Companies?

The Reflexology Association of Canada continues its efforts to promote Reflexology as a covered therapy through extended health plans. There are some insurance companies that will reimburse for Reflexology, *if the contract purchased by your employer allows for it*. Contact your HR department and see if your plan includes Reflexology.

## Quantum-Touch® Energy Healing News:

I am honoured to be only 1 of 5 Quantum-Touch Level II Instructors in Canada, and I recently taught my first Level 2 workshop. It was an illuminatingly wonderful two days! I felt so honoured – one student travelled here from the East Coast.

I become more and more excited at what Quantum-Touch can do; in fact, I now expect remarkable results, and am surprised when some fairly dramatic healing doesn't occur for my clients.



# Spring Meditation

Given the recent wind storm, I thought I'd focus my musings on Air, or Wind, which is one of the four basic elements, included with Earth, Water and Fire. Air is associated with Spring, and with the Throat Chakra.

Air represents many things to us, from a metaphysical point of view: spirit, being, completeness, peace, reason, awareness, wisdom, learning, communication, achievement, clarity of thought, creativity, change, freedom, laughter, new beginnings.

It cannot be held or seen, yet its effects are far-reaching, witnessed and felt. Air can wear down rock and strip away the earth, blow seeds to new locations, fan the flames of wildfires, stir up the waters of lakes, and bring new weather patterns.



Air clears our thoughts, balances our life and lightens our hearts, sweeping away the confusion.

Stand outside, ideally with your bare feet touching the earth. Turn your face towards the sky and close your eyes. Feel the caress of the wind on your skin, the softness, the coolness.

Take all the negative thoughts, the old beliefs that no longer help you, the senseless thoughts, the confusion, that feeling of “stuckness” or being “trapped” in your life, and put it all in a bubble, or a brightly coloured balloon.

Allow the Air to take that bubble and fly it away to be dissipated by the winds of change. As you breathe in the Air, know that these winds bring new thoughts, new ideas, and a gentle sense of calmness to your heart.

# ***2014 WORKSHOPS***

Workshops that will be offered in the late summer and fall will include the following. Dates and locations will be announced. If you are interested in a workshop, and are looking for specific dates, I will do my best to accommodate you.

**And as always, I am available to travel in order to teach.**

## ***Changing Self-Limiting Beliefs: 4 hour workshop***

Discover what self-limiting beliefs are, how and why they limit us, and how we can change them.

## ***Quantum-Touch Level 1: 2 day workshop***

Learn to accelerate healing, reduce pain and inflammation, re-align hips, distance healing, work with animals, plants and each other. QT is such an easy and profound way of helping others.

## ***Quantum-Touch Level 2: 2 day workshop***

QT Level II is a wonderful expansion of true energy work . . . it allows us to step beyond the techniques we previously learned and brings a new quality to the healing process, one that quite literally comes from the heart. It also opens doors to yet unexplored potentials within yourself and in the work with clients. MK, CA

## ***Intro to Animal Communication: 1 day workshop***

In this fun, experiential workshop, learn to hear what your animal has to say, and develop your intuition and your ability to communicate with your pets. We'll have lots of practice sessions throughout the day! Co-taught with Andrea Schlupp, RN, AI, of Healing Journey Health Consulting.