



Reconnect Healing

RESTORE & RECLAIM YOUR GREATEST VERSION OF YOU

1:1 Holistic Energy Healing Sessions & Packages

Introduction

In addition to her professional training as a Mental Health Social Worker and psychotherapist, Pat has also been trained in integral sound healing and initiated into the Japanese healing energy of Reiki allowing her to tap into and pass on energetic clearing and release to her clients. She uses crystals, sage smudging, crystals, soul cards, body scanning, musical instruments and essential oils to gently clear negative or stagnant energy and help set intentions for positive emotional and physical healing and replenishment to take place. All services are bookable online at www.reconnecthealing.com.au.

Service description

Energy healing treats the body's unseen electromagnetic biofield (subtle energy body) which surrounds every living being and which often stores negative memories, emotions and experiences. Some people call this the aura, the etheric or astral body. The energy body is the key to optimum health and wellbeing and is often where disease first manifests before impacting the physical body.

Research suggests that energy therapy may help treat a variety of physical and emotional problems including depression, insomnia, anxiety and pain. It brings you into a state of deep relaxation which can accelerate your own natural healing process.

Reiki involves using a compassionate and gentle approach, where the palms of the hands are gently placed on or over the body where universal healing energy is channelled. It provides a way of guiding energy throughout the body to promote self-healing.

Sound healing on the other hand involves using instruments, music and tones to release, rebalance and heal the mind, body and spirit. It involves using specialised sound frequencies to promote deep rest, nervous system rebalancing, self-healing and emotional release. Various instruments including tuning forks are placed around or on the body providing 'sonic' massage.

Reiki and sound energy healing can be useful in releasing stress, difficult emotions, traumatic experiences and easing pain in the body. It can shift you from a fight-flight nervous system response to that of rest-digest response which is conducive to relaxation and natural healing. These healing modalities can be accessed in addition to counselling or as an alternative. It requires minimal talking and interaction with a focus on clearing and rebalancing the energy channels (chakras and meridians) within the body restoring natural flow and equilibrium.

Holistic counselling is an approach to 'talk therapy' which considers the whole person, their physical, emotional, mental and spiritual wellbeing. It aims to promote balance and healing addressing each level simultaneously. Holistic counselling can help you understand yourself better and identify what is important to you, your strengths and what you want for your life. It also can help explore views, patterns and behaviours that are in need of review or no longer helpful to you.

Soul Oracle Insight sessions offer spiritual consultation where intuitive information and guidance is provided into various aspects of one's life through a soul card reading. Guidance and clarity is provided on personal matters or life challenges from the perspective of one's 'Higher' or 'True Self'.

One-off sessions

New to holistic energy healing? Why not try out a session to find out how it feels for you and how you respond.

Holistic Energy Healing Sessions		
Duration	Service	Price
50–60 minutes	Reiki, sound bath sound healing or soul oracle insight	\$130
50 – 60 minutes	Holistic counselling	\$160
80–90 minutes	Any two of the above combination	\$160

Multi-session packages

Multiple energy healing sessions are recommended to maximise healing effect over time. Holistic energy healing packages are tailor made and more affordable for people who would like to take up regular and deeper energy healing treatment with the possibility of combining this with holistic counselling. The packages allow for flexibility in treatment combinations depending on your unique and individual needs. Discounted charges are applied for multiple sessions depending on the size of the package.

NB: All sessions are available either online or in person apart from sound healing which is in person only. Payment plans are available for the purchase of packages.

Holistic Energy Healing Packages		
Duration	Service	Price
240 minutes	<p>Cleanse Start your journey by cleansing your energy through holistic counselling / soul oracle insight, Reiki or sound healing over 240 minutes.</p> <p>Includes any 60, 90 minute session combinations.</p>	\$500
360 minutes	<p>Shine All the benefits of 'Cleanse' + deepen your treatment to allow your energy field to shine with 360 minutes of holistic counselling / soul oracle insight, Reiki or sound healing.</p> <p>Includes any 60 or 90 minute session combinations.</p>	\$720
480 minutes	<p>Grow All the benefits of 'Cleanse' + 'Shine' + ground yourself and grow your positive energy field with 480 minutes of holistic counselling / soul oracle insights, Reiki or sound healing.</p> <p>Includes any 60 or 90 minute session combinations.</p>	\$920
600 minutes	<p>Evolve All the benefits of 'Cleanse' + 'Shine' + 'Grow'+ strip away all unwanted energy and evolve into your true authentic nature, with 600 minutes of holistic counselling / soul oracle, Reiki or sound healing.</p> <p>Includes any 60 or 90 minute session combinations.</p>	\$1100

Gift Vouchers

Holistic energy healing gift vouchers are available for purchase and make the perfect wellbeing gift for birthdays, mother's day, Christmas or as a thoughtful gift to a friend or family member in need of care. Visit website www.reconnecthealing.com.au.