

## Chantal Lemire MA - Specialized in healing and human potential

Regular price		<u>WINTER SPECIAL</u>
<u>1.5 hours session</u>	<u>\$120</u>	<u>\$90</u>
1 hour session	\$90	\$60
30 minutes	\$45	\$35

I am offering a winter special to help as many people as possible enjoy new levels of energy and wellbeing and achieve their full potential in all areas of their lives.

### **Winter is a great time to clear away the old and energize the new**

Below is information about what sessions with Chantal might entail. Each session is tailored to the individual. Further to addressing specific issues, all techniques and approaches strengthen the energy system to boost health, vitality, well being and personal/spiritual development.

1. Reading and balancing of core energy axes – Energy tune-up
  - a. Reading your core energy can provide valuable information about how your body and energy system are processing what you are experiencing in your life.
  - b. Reading your energy can assist you in finding ways to regain and maintain balance your own way in your day to day life.
  - c. Balancing core energy axes is like a tune up for your mind, body and Spirit. When you are aligned within, your body, mind and Spirit work together so that you can start feeling at your best and move towards what you want -to be – do- or have –naturally and much more easily.
2. Strengthen and repattern the energy system with Lightwork
  - a. Open the connection between the mind, body & Spirit.
  - b. If any energy is being lost, repair the cause for you to reclaim the energy to maximize your own health and overall well-being.
  - c. Balance and energize key energy centres and chakras.
  - d. Clear energy or psychological reversals to open to transformation.
  - e. Align with the natural energetic grids of the earth to support you.
  - f. Open and align with your Soul's purpose by allowing new patterns of Light to shift your energies.
  - g. Learn self-healing techniques to maintain balance and well being.
3. Harmonize your relationship with your self
  - a. Start healing the relationship with the most important person in your life, YOU
  - b. Repattern the way you think and feel about yourself
  - c. Clear some of the issues from other relationships that impact your view of yourself
  - d. Learn self-healing techniques that boost self-esteem and positive energy
4. **Clear a core or underlying issue that is affecting your health, relationships, wealth, career and/or overall well-being. (MOST POPULAR)**
  - a. Clear emotional patterns that are having an impact on your life

- b. Learn about limiting beliefs that are affecting you now and clear them
  - c. Clear emotional triggers that are keeping you stuck
  - d. Explore and heal unconscious patterns
  - e. Learn self-healing and clearing techniques
5. Create what you want
- a. Create a clear path for your well being
  - b. Energize your goals
  - c. Generate more positive energy
  - d. Learn techniques to energize what you want

Speak to Chantal to get more information or to book a session

Call : (613) 864-4325 email: [Heal@sympatico.ca](mailto:Heal@sympatico.ca)

**[www.Heal.byregion.net](http://www.Heal.byregion.net)**