

Services

Understanding Energy Work

Energy work is subtle. This means the changes you experience may also be subtle. Since the accumulation of your emotional baggage has probably taken years (if not a lifetime), the changes will also take time.

I like to think of energy work in terms of layers, like onions. Onions have layers. People have layers (thanks Shrek). Our crunchy, superficial layer usually holds the things we know about ourselves. The next layer may be things we have become curious about ourselves, and maybe other's don't know about us. The deeper we go, the more complex and private things become - so much so that we may not even have memories about it.

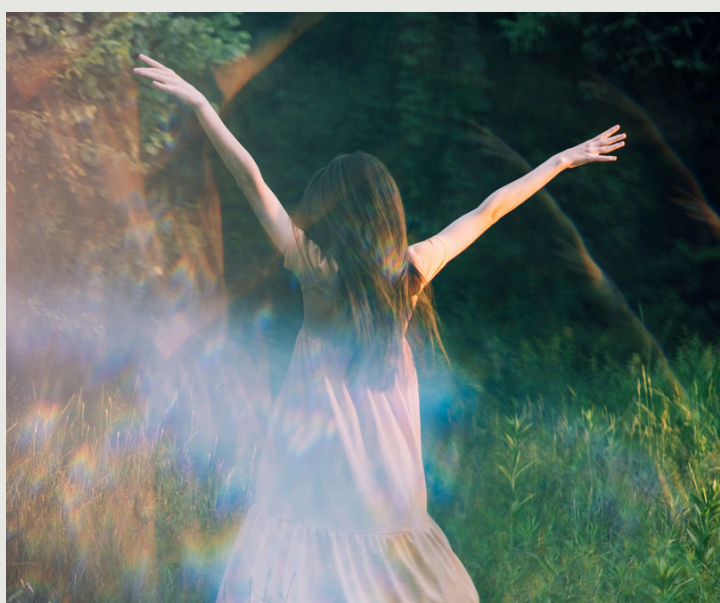
Just like there is no quick fix pill to solve all our problems, a single session may not get you that life altering transformation you've been waiting for - because onions. But the great news is, even though it may have taken decades to accumulate our baggage, energy moves quickly and permanently! Our recommendation is a short term, intensive commitment, followed by maintenance.

Each session is gentle, personalized and designed to support the body's natural ability to heal.



Mini Emotional Energy Clearing - \$88 (30 min)

A focused clearing to release 1–2 surface-level emotions or beliefs contributing to current stress, anxiety, or physical tension.



Signature Session: Deep Emotional Reset - \$144 (60 min)

A deep clearing of emotional residue, subconscious beliefs, and energetic congestion using techniques like Cellular Resonance Quantum Healing, Emotion Code, 1,000 Beliefs, and intuitive muscle testing.



Energetic Repatterning Package: \$388 (3 sessions)

Designed to shift long-held emotional blocks and subconscious programming. Includes:

- (3) 60-minute sessions over 6 weeks
- Session insights
- Simple integration rituals between sessions
- Custom clearing statements or affirmations based on your sessions