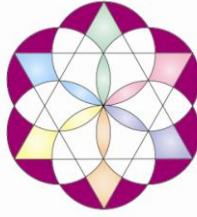


LIFE ALIGNMENT, BODY SPIN & VORTEX

With Sally Rosemary of Esential Health

Align to your higher purpose
and experience these
powerful new healing
energies



Discover simple hands-on
healing techniques
to enhance & deepen existing
therapies

Life Alignment is a powerful new system of hands-on healing that helps to release energy blockages and activate our own healing abilities. It includes a system of healing using **Vortex Energy Cards** and an easy to learn technique '**Body Spin**'. It helps to empower us to look after our own wellbeing on all levels – physically, mentally, emotionally and spiritually. It can also help us to bring balance to our lives – in our work, our relationships and our creativity – and helps our lives to flow. You can be 'attuned' to this energy through treatments & training sessions.

Our body can be likened to a computer, storing memories of past trauma, disease, pollutants, lifestyle stress, toxicity and suppressed emotions. These can create blockages in our mind and body which we are often not aware of until they manifest as dis-ease, ill health & feelings of being 'stuck'.

By taking a deeper look at the meaning of the body's physical systems we can start to look at the root cause of issues rather than just attempt to treat the symptoms. This helps us to gain a greater awareness of what may be out of balance in our lives and why we experience illness & emotional stress. It can also help to strengthen our immune systems, detox the body and activate & regenerate the energy of our cells.

Introductory Session (2 hours) – including a Treatment

This is open to everyone. It can be of benefit to those already attuned to a healing energy like Reiki and can be of interest to those who are wanting to take their own healing to another level. You can combine this session with a **Holistic Retreat Day** at **Primrose Retreat**, Lichfield, Staffordshire.

During this session (dates arranged to suit the individual) you will learn more about the background to **Life Alignment** (including **Vortex Healing** and **Body Spin**) and you will experience a treatment yourself which will start to attune you to this high frequency energy. The treatment will help you understand how the healing system works and the potential it offers on many levels.

A treatment is deeply relaxing and can enable you to gently peel away emotional and physical stress and tension to return to a state of health & wholeness. Using a simple muscle test and/or a pendulum the practitioner is guided to the appropriate priority body point (rather like an acupuncture point). This is gently touched as the recipient relaxes, fully clothed. This then becomes the focal point for the release or the receiving of energy, either via the practitioner's hands or using Vortex energy – enabling the healing to be directed in a very specific way. This raises and activates the vibrational frequency, releases the blockage or imbalance and brings about a state of greater awareness and alignment on all levels – physical, mental, emotional & spiritual.

Vortex Cards are introduced. These tools can also be used to balance every aspect of our environment and can help to shield us from environmental stressors such as electromagnetic radiation from mobile phones & computers, geopathic stress & pollution in our water, food & air. They can also offer distant healing & can raise the frequency of our homes & work environment.

The Introductory 2 hour Session costs £45. Sessions are carried out by healer & teacher, Sally Rosemary MCThA who specialises in Energy Healing including **Life Alignment, Body Spin and Vortex Healing**. She has been practising & teaching these techniques for several years & integrates them with Reflexology, Aromatherapy, Reiki, Nutrition, Phytobiophysics Flower Remedies and Iridology to offer an holistic mind / body approach to healing and well-being. She practices in South Staffordshire - Lichfield & Tamworth area – which has excellent communication links nationwide. She also offers holistic day retreats & hosts a variety of workshops.

Sally Rosemary at Esential Health

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