



# SACRED NRG

Self Healing & Mindfulness

## ENERGETIC & HOLISTIC BALANCING SESSIONS

### **BODY SYSTEM STRENGTHENING**

Energetic focus on each body system (circulatory, nervous, digestive, etc.), hormonal glands and organs  
Targeted energy healing to cleanse and balance for optimal functioning.

### **EMOTIONAL BALANCE AND NEUTRALITY**

Identifying and releasing stored emotional energy.  
Using energy techniques to neutralize emotional triggers and foster emotional resilience.

### **OVERALL PAIN RELIEF**

Targeting energy centers related to pain perception.  
Applying energy techniques to soothe physical discomfort and promote pain improvement.

### **NEGATIVE THINKING TRANSFORMATION**

Tailored sessions to identify and address negative thought patterns and overthinking loop, offering tools to shift mindset towards positivity.

### **RELATIONSHIP HEALING**

Helping navigate and heal relationship challenges by addressing negative thought cycles and alignment.

### **BODY AND FITNESS EMPOWERMENT**

Shifting the perception of fitness and body image.  
Using energy work and holistic strategies to promote self-acceptance and motivate healthy choices.  
Benefits: Improved self-image, Youth activation.

### **PHOBIA SUPPRESSION**

Gently desensitize and alleviate phobias, helping to regain control over their Limitations and fears.

### **TRAUMA IDENTIFICATION AND RELEASE**

Utilizing intuitive skills to identify hidden trauma, providing a safe space to release and heal from past emotional wounds. Resulting in overthinking control and psychological balance.

### **SPIRITUAL CONNECTION ENHANCEMENT**

Guided meditation to deepen spiritual connection.  
Attuning energy centers to higher frequencies for spiritual growth.

### **INTENTIONS AND AFFIRMATIONS**

Setting intentions for ongoing healing and balance.  
Crafting personalized affirmations to reinforce positive energy patterns.

### **CHAKRA ALIGNMENT AND ACTIVATION**

Individual attention to each chakra for clearing and balancing.  
Activating chakras to promote harmonious energy flow throughout the body.

### **FAMILY KARMIC RELIEF**

Delving into ancestral patterns and karmic imprints.  
Releasing negative family patterns through energy healing and intention.

**This comprehensive sessions showcases your ability to provide holistic healing by addressing physical, emotional, and spiritual aspects. You can experience a profound transformation in an overall well-being and energetic state.**

INTERESTED TO ACTIVATE YOUR  
SELF HEALING POWER?

SEND US A MESSAGE ON [SACREDNRG.COM](https://www.sacrednrg.com)  
AND LEARN HOW TO BE A SUPER HUMAN.