



April e-news

Volume 1  
Issue 4

Call 920-540-4114 today for your next bodywork session!



Hello Wendi,

Thank you to all who attended the Open House this past Saturday. Each person enjoyed chair massage and healthy snacks in addition to lotions, lavender spritzers, relaxing bath salts, and more!

Congratulations to Jerry K from Appleton who won the Gift Basket containing the following: \$20 gift certificate to Lords and Ladies Hairstyling in Kaukauna, Gift Certificate for Ancient Stone Healing (Reiki & Hot Stones) with me, cherry almond lotion, chamomile tea, and much more!

Reiki classes have been filling up. So, if you are interested and have not RSVP'd and made your deposit, please do so as soon as possible.

Wendi Hermsen, RMT, CMT (lic #3610-046)

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## Mark your Calendar!

Reiki Share

Thursday, May 3rd

7pm-9pm

**Open to all Reiki I and higher. Not trained in Reiki, but want to attend...call me. We will all have a chance to give and receive Reiki. Please RSVP and bring water. Free or Love offering accepted.**



Call 920-540-4114 today for a Relaxing and Soothing experience!

You may want to Commit 540-4114 to your phone so that next time you are needing some relaxation or stress/pain relief, you won't have to dig out my card or locate my magnet on your refrigerator.

Plus if you label it with the word "Massage" or "Reiki", your loved ones will know who to call for your next Birthday or other surprise gift!

### Chakra Corner:

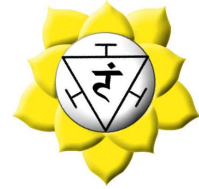
Reiki is used to balance the 7 main Chakras in our Body.

**This month's Chakra:**

#4~Heart

Located: where the physical heart is

Color: Green  
(sometimes Pink)



Q: Can you look in the mirror and say "I love you" and mean it? The heart chakra relates to all matters of the heart. Do you love and accept others for who they are? How much you love and accept yourself and others are directly related to each other. Notice when you are being more judgemental of others...you may be being more critical of yourself as well. Learn to be more graceful with yourself and you will be more graceful with others.

To Learn more about Chakras, Click [Here](#).

## Featured Product

*Lavender essential oil in a spritzer bottle*

Use for:

Pillow Mister to Fall Asleep  
Acne, Skin Irritations, Sun Burn,  
Facial Toner,  
Relaxation/Stress Relief,  
Cleaning/Disinfectant

**2 oz spritzers Cost \$5.72**

~ Available at Peaceful Spirit, LLC~

## Reiki Class Dates

### Reiki I

Saturday May 3 10am-6pm  
\$175

### Reiki II

Saturday June 14th and Sunday June 15th from 9-3 and 9-2,  
respectively. \$250/\$225 prior students

**Reiki I & II** - register for both and receive \$25 off (total cost is \$400)

Please rsvp at least 7 days prior by sending the [Reiki Class Registration Form](#) in with your \$50 deposit per class.

Want to Host a Class for your staff/group? Call me for Host specials.

*Learn techniques to bring balance to your own body, mind, and emotions, relieve headaches, decrease pain from such things as fibromyalgia, MS, and other diseases., while being able to also help others if you wish. Reiki is also great for helping animals with such things as anxiety and pain. Reiki can be done anywhere and at anytime.*



## You Can Heal Your Life by Louise L. Haye

### Do you ever experience neck or lower back pain?

From a natural health perspective and the 6 years I have spent learning about natural health, I truly believe that most of our physical issues - both internal and external discomfort or rather dis-ease stem from an emotional, mental, or spiritual imbalance that either manifests in our physical body or causes an area to be weak thus being more vulnerable to becoming strained or injured. Our thought patterns can be very powerful. Many of us experience physical discomfort at times and may not know truly why. Louise Hay outlines in her book "You can Heal Your Life" the probable cause and new thought pattern to get rid of a specific ailment. See below for a couple examples.

Issue: Neck Stiffness/Pain Probable Cause: Inflexibility. Stubbornness. Refusing to see other sides of a question/problem etc. New Thought Pattern:

It is with flexibility and ease that I see all sides of an issue. There are endless ways of doing things and seeing things. I am safe.

Issue: Lower Back Pain Probable Cause: Fear related to Money. Lack of Financial Support New Thought Pattern: I trust the process of life. All I need is always taken care of. I am safe.

## **Learn Basic Massage from a Trained Professional!**

Saturday May 10th 10am-2pm

Learn a simple massage routine that you can share with others.

Cost \$75 / \$125 per couple.

Massage will be performed through the recipients clothing.

Limit 4 people.

Call to register. \$25 non refundable deposit required by May 3 to hold your spot!

### **Future Topics:**

~Chakra 4 - The Throat

~"You Can Heal your Life" ~ What Louise Hayes has to say about why you may experience headaches

~How Emotional Freedom Technique and/or Reiki can help you to get to the root cause of your dis-eases.

~Laughter Yoga...Laugh and Breathe your dis-eases away...

Sincerely,

Wendi Hermsen, Massage Therapist, Reiki Master Teacher (lic #3610-46)  
Peaceful Spirit, LLC

716 E Kimberly Ave, Kimberly, WI 54136

**920-540-4114**

1.5 hr bodywork session - going back up to \$90 soon! Take advantage of the discounted price of \$85 by booking/receiving your next session(s) by the end of April!

2 hr bodywork session - recently added ~ cost is \$120. Schedule/receive this by the end of April and you will receive \$10

off. This is a great way to experience a complete Massage and Energy Balancing Session all-in-one.

**Offer Expires: 4/30/08**

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