



peaceful
SPIRIT LLC
where healing begins within

August e-news

Volume 1
Issue 5

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



Hello Wendi,

WENDI's FUNNY BONE:

Have you ever wanted to laugh but it was not the appropriate place to do so?

What would you think if your massage therapist started to laugh just to laugh during your session? You might think she is a bit weird? I know I would probably wonder what she was on...Well, the truth is, I have started to incorporate Laughter Yoga into my sessions...not just the Reiki/Energy Balancing Sessions, but your Massages as well. I will let you know ahead of time so I don't catch you off guard or disrupt your peacefulness if I feel like Laughter is to be a necessary part of your session.

Clients have later told me that they appreciated that I added the laughter because it helped them relieve their stress in a way that just the Massage or Reiki could not have done in that moment. As a child, we laugh and cry very easily. However, as an adult we may have forgotten what it feels like to just laugh and to just cry, which are both ways of relieving stress and are gifts given to us from God. I have found that the times that I feel like Laughter is necessary is when there is heavy or stuck energy (stress) that is not releasing and needs the lightness of laughter to be released.

I challenge you to take a minute to laugh just to laugh...LOL...LOL...LOL...LOL...LOL [Here's the most infectious American laughter in 2006](#) to help you relieve some stress! BEWARE...you may just feel better after listening to this video...ENJOY - if you are at work, please note that this does have sound; however, could be very stress relieving for you and your co-workers!



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

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New! 120 Minute Bodywork Session.

Summer Special:
\$10 off until Aug 31, 2008

The 120 minutes includes a combination of Massage and Reiki/other energy balancing techniques.



Monday Appointments **Available in August**

Mon, Aug 4th - 2 spots remaining with start times between 2:30pm and 5:30pm.

Mon, Aug 18th starting at 11am.

Call 540-4114 to Schedule.

Other times available Tues - Sat each week.

Chakra Corner:

**Reiki is used to balance the 7 main Chakras in our Body.
This month's Chakra:**

#6~Third Eye

Located: above nose,
between eyes



Color: Indigo

Q: Do you ever receive a vision of what may be to come? These visions can help you to understand a current situation better OR help you be prepared for something to come. The third eye helps us to connect our subconscious images to conscious mental thoughts.

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

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

REIKI CLASSES

To learn more, go to [My Classes Web Page](#)

The purpose of Reiki is to bring balance to your body, mind, and spirit. In doing so, the body is able to heal itself. Just the benefit of decreasing emotional stress can help relieve a person's symptoms and dis-ease, depending upon how severe they are. Reiki is easy to do on yourself anywhere and anytime. Reiki I focuses on helping yourself; Reiki II focuses on helping other people; and Advanced Reiki enhances your skills and increases the power of Reiki.

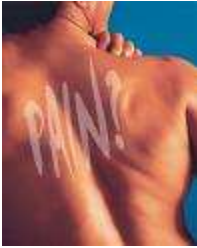
Class dates have been set:

Reiki I: Saturday, Sept 13th, 9am-6pm

Reiki II: Saturday, Oct 4th, 9am-4pm & Sunday, Oct 5th, 9am-3pm

Advanced: Saturday, Nov 1st, 9am-7pm

Call 920-540-4114 or Mail [Registration Form](#) to Register.



Why Headaches?

Have you ever experienced a headache? In her book, "You Can Heal Your Life", Louise Hay says the following about the probable cause and new thought pattern regarding **headaches:**

Probable Cause: Invalidating the self. Self criticism. Fear.

New Thought Pattern: I love and approve of myself. I see myself and what I do with eyes of love. I am safe.

Then there are those awful **migraines:**

Probable Cause: Dislike of being driven. Resisting the flow of life. Sexual fears.

New Thought Pattern: I relax into the flow of life and let life provide all that I need easily and comfortably. Life is for me.

Wondering what the book says about any symptoms you are experiencing? Contact me anytime.

Future Topics:

~Chakra 7 - The Crown Chakra

~"You Can Heal your Life" ~ What Louise Hay has to say about why you may experience knee and hip discomforts.

~Laughter Yoga...what is it and how/why can it benefit you?

~ And More!

Sincerely,

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

716 E Kimberly Ave, Kimberly, WI 54136

920-540-4114

Jump into August with a TUNE - UP!

SPECIAL:

Tuning Forks

approx. 40 min session

1st person to schedule a session = \$10

2nd person = \$15

and so on until the cost is \$40...so be the first to call today!

Come and experience direct vibrational shifting of your chakras to create overall balance in the body, mind, and emotions. The tuning forks bring balance to the 7 main chakras and 5 other minor chakras as well.

Offer Expires: 8/30/08

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