

peaceful SPIRIT LLC

where healing begins within

May e-news

Volume 1
Issue 5

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



Hello Wendi,

Spring has Sprung!

Have you ever laughed so hard, you cried, your cheeks hurt, or your belly hurt? Did you know that you were actually increasing the amount of oxygen in your body and cells? Remember that laughter can be used as a form of healing and to just laugh the next time you feel anxious or stressed and notice how you feel afterward. I attended a weekend seminar in laughter therapy and never have I felt so at peace during the 7 days after this weekend. I now use laughter every day in addition to Reiki to ease my stress, anxiety, limited beliefs, and to increase my creativity. You can do this too! I challenge you to laugh just to laugh ~ and feel free to send me your laughing to laugh stories!

WENDI's FUNNY BONE:

Even though you don't need anything funny to laugh about, this may get you started: So Tuesday, April 22, I took my glasses off shortly before my client arrived and "snap"! I had a bow in my hand while the rest of my glasses sat on my nose! Even though I was pressed for time, and can not see without my glasses, I decided to just LAUGH! So, my options were to give my clients for that day a massage 1/2 blindly, wear geaky taped glasses that sat lopsided on my nose and would probably give me a headache, or run over to my parent's house to pick up my new contacts that they had just picked up for me. I chose the last option. I figured the last thing I needed was for my hand to slip into inappropriate places while I was massaging my clients that day b/c I could not see. I ended up arriving only 7 minutes before my first client's appointment and thank goodness he did not show up until his session time.

You can look forward to more of Wendi's Funny Bones in the future!

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

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Chakra Corner:
Reiki is used to balance the 7 main

Mark your Calendar!

Learn a Basic Massage Routine

Saturday, May 10th

10pm-2pm

\$75/\$125 per couple

Massage will be given through the recipients clothing.

Call or e-mail to rsvp by Sat., May 3 with a \$25 non-refundable deposit to hold your spot. Only 2 spots remaining!

**Other Upcoming Classes:
Reiki II is June 14th and 15th.**

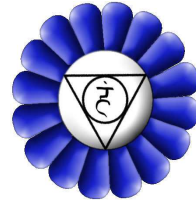
 Forward to a Friend

Chakras in our Body.

This month's Chakra:

#5~Throat

Located: soft spot between/above clavicles on lower neck



Color: Blue (are you noticing that the chakras start with Red and go up according to rainbow?)

Q: Do you ever feel like you have a frog in your throat? Maybe there is something that you would like to express, but are afraid of what others may think. (fear of rejection). *How do we know what others really think?* So, next time you feel that frog in your throat, ask yourself: is this something I need to express, is this not the appropriate time to do so, or is this not the correct way of saying what I need to say and is there a better way to express myself? A Frog in the throat is not necessarily related to verbal expression but rather any form of self-expression.

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

Featured Products

Sensaria Natural Bodycare

Use for:

Supple looking and feeling facial and body skin. All my clients and friends who have tried these products just love them b/c they have seen an improvement in how their skin feels and looks!

Become a Premier Member for only \$25 and you will receive all your products for 20% off for a year in addition to specials only available to premier members. From May 1-14th,

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

Premier Members receive a free [Sweet N Smooth](#) with a \$100 purchase. (This is a \$23 savings!)

Place your order online at:
www.mysensaria.com/9146
or call 540-4114 for samples. All products have a 100% money back guarantee.

Reiki Study

Do you know of anyone who is ill or being challenged with a dis-ease, like depression, grief, cancer, etc.? Send me their info: name, number, and situation if you think they would be willing to receive 1-3 complimentary Reiki treatments to help me with my study. All I ask is for their testimonial and to tell others about their experience. Please let them know you passed along their info so they are not surprised when I call them. They must be referred by you.

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 it is.



Fed up with not getting answers to "why" and not getting rid of the root cause of your dis-ease? Or are you just looking for a natural health approach?

Do you have an illness, pain, discomfort, etc. that you have gone to the doctor for but have not seen results with the prognosis...? Often, our dis-eases stem from deeper issues, like I talked about in last month's issue about what Louise Hay says about why we get dis-ease.

EFT and Reiki are here to help!

EFT or rather Emotional Freedom Technique is where statements are used while tapping on various meridian line end points on your face and hands which help retrain the energy imbalances in your body. In addition, it can not only help to clear up an issue but also help you get to the root cause of your stress. I use the statement part of this technique daily when I am feeling neck pain or any emotional stress or irritation. Within a minute I am able to figure out what is really the cause of my dis-stress or irritation. This technique can be incorporated into any Reiki session.

Reiki (Universal Life force energy) can help bring us to that inner sense of peace and calm where we can obtain answers to our "why" questions in addition to feeling a deeper sense of overall health and balance within. Repeated sessions help to peel away layers of stress - physical, emotional, and mental.

What do these two things have in common? Both methods empower you to heal yourself. I am just there to 1) be a conduit of Reiki for you to receive it and 2) to walk / talk you through EFT as you

do it on yourself. Often it would be easier for someone else to just "heal" us; however to be truly healed of your dis-ease, I believe you also need to own it and be the one to let it go.

How do I decide whether Reiki of EFT is best for me? Well, if you come to me, you don't need to! We can easily combine both methods into a session very effectively.

Future Topics:

~Chakra 6 - The infamous third eye

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

~Testimonials from my Reiki studies

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

~ And More!

Sincerely,

Wendi Hermsen, Massage Therapist, Reiki Master Teacher (lic #3610-46)
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Become a Premier Member with Sensaria Natural Bodycare during the Month of May, and you will receive a complimentary Reiki treatment. www.mysensaria.com/9146

MOTHER'S DAY Special: Free lavender aromatherapy spritzer with the purchase of a gift certificate for Mom for Mother's Day! Call 540-4114.

Offer Expires: 5/31/08

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