



September e-news

Volume 1
Issue 6

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



Hello Wendi,

WENDI's FUNNY BONE:

Do you feel like you have been flipped upside down and then right side up in the past month? Last month seemed to be about letting go of old patterns, experiences that were traumatizing, and empowering others to deal with their own "stuff" by not enabling them to continue their old patterns.

Do you feel like there is a hand over your throat or that you can't move forward ...like someone or something has a hold on you? See this months special to be introduced to Tuning Forks which open the Chakras to clear themselves of unnecessary junk.....clearing the way to help you move forward by helping to release whatever has a hold on you. You could even add 30 min of massage for a 70 Min session.

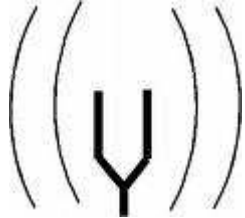
Moving forward with ease and grace,

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

in this issue

- :: New! Tuning Fork Chakra Balancing Session
- :: This Month's Chakra
- :: Why do I have hip and knee pain?
- :: Random Acts of Kindness...

New! Tuning Fork Chakra Balancing Session.



The session lasts approximately 40 minutes and lines up your 7 main chakras and 5 minor ones.

Sept. Special: \$15
(\$10 savings)

Oct.-Dec. Special: \$20
(\$5 savings)

Add a 30 minute massage for \$40...makes your session a 70 min session for only \$55!!!

What Others are saying about their Tuning Fork session:

I wasn't expecting much, so was amazed at how all my muscles felt relaxed and how deeply relaxed I became from the session. David L., Appleton

It felt like stress/stuck energy was lifted from my belly area. Anonymous, Appleton

I had an emotional release and which helped to decrease my stress. W.H., Kimberly

 Forward to a Friend

Upcoming Class Dates:

Reiki II: Oct. 4th/5th

Advanced Reiki: Nov. 1st

Chakra Corner:

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

#7~Crown Chakra

Located: top of head

Color: Purple



Q: Are you open to a greater connection with your higher self? How strong is your connection to the Divine/God/Holy Spirit/Universe?

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

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

Sessions always available Tuesday - Friday.

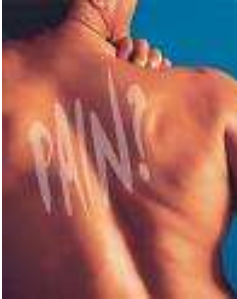
Sessions available on the following Mondays and Saturdays in September:

Sat: 20th and 27th...

Mon: none avail in Sept.

Print and Mail the Registration Form
at least one week before class
dates. Form is located [here](#).

Why Hip and Knee Pain?



Do you have a nagging hip or knee pain? I have found that often the knee pain stems from an imbalance in the hip and sacrum area of the body, so you may want to take note of both the affirmations below if you experience knee pain. In her book, "You Can Heal Your Life", Louise Hay says the following about the probable cause and new thought pattern regarding **dis-**

ease in the Hips and Knees:

HIP PROBLEMS:

Probable Cause: Carries the body in perfect balance. Fear of going forward in major decisions. Nothing to move forward to.

New Thought Pattern: I am in perfect balance. I move forward in life with ease and with joy at every age. OR: Hip Hip Hooray - there is joy in every day. I am balanced and free.

KNEE PAIN:

Probable Cause: Represents ego and pride. Inability to bend. Fear. Inflexibility. Won't give in.

New Thought

Pattern: Forgiveness. Understanding. Compassion. I bend and flow with ease, and all is well. OR: I am flexible and flowing.

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

Random Acts of Kindness

Kindness....Pass IT ON has been implemented by the "In Your Neighborhood" local publication. We need your help in passing kindness on! More information will be coming next month! To start already this month, just do something nice "out of the blue" or something you would normally not do for someone else. You may be surprised at how it makes their day!

Future Topics:

~Health tips/exercises you can use!

~Tai Chi: what this movement exercise is and how it can benefit you...

~Benefits of Sound and Vibrational Healing (Singing Bowls, tingshaw bells, tuning forks, toning, etc.)

~"You Can Heal your Life" ~ What Louise Hay has to say about why you may experience Cancer.

~Laughter Yoga: why this was the best seminar I have ever taken AND the Scholarship Fund I am starting to send someone in need to this seminar.

~ 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

SEPTEMBER SPECIAL

40 min of Tuning Forks for only \$15! What a DEAL!

Benefits of Tuning Forks:

- ~Deeply relaxing (like Reiki)
- ~Releases stuck emotions/energy/stress
 - ~Relaxes muscles
 - ~Decreases mind chatter
 - ~Complete balancing overall

Add 30 min of massage for \$40 to make it a 70 min session for only \$55!

Offer Expires: 9/30/08

[Forward email to a friend](#)

✉ [SafeUnsubscribe®](#)

This email was sent to wendlynn19@yahoo.com by wendi@peacefulspirit.biz.

[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Peaceful Spirit, LLC | 716 E Kimberly Ave | Kimberly | WI | 54136

Email Marketing by

