

Amy Gundersen, BSW



*As we let our own light shine,
we unconsciously give other
people permission to do the
same. As we are liberated
from our own fear, our pres-
ence automatically liberates
others.*

- Marianne Williamson

Reiki, The Emotion Code & Essential Oils

Hi! My name is Amy and I appreciate your interest in picking up this Healer's Guide and finding my column!

Having past experience as a social worker, mother of three, my own inner journey with nutrition, and experience with energy work have brought me closer to my Divine Awakened Self. I feel guided to share my acquired knowledge from my own healing journey. I am a natural sharer and love helping others see the best in themselves no matter what is showing up for them to heal. As intuitive Light Beings, we are asked to shed our self-doubt, fear and judgement of ourselves and others and to step into a large part of our soul's purpose: To Love, be Loved and allow Love. By working together to recognize this empowerment, the use of **Reiki, the emotion code and essential oils** assist in the process. During intuitive healings, I have the intention of re-igniting that sense of inspiration, joy, peace and love within you.

Sacred space is offered every 2nd Sunday of each month for those who are looking to be supported in a group environment by like-minded, heart centered women who are embracing their evolving self. We will share, discover and self-empower one another to nurture our soul's essence. There will be time for hot tea, a short meditation, a passing of the sharing stick and an acknowledgement of the current full moon's cycle. We will refresh, renew and release all that no longer serves our being. If inspired to attend, bring a friend!

"Through Amy's support and guidance I have been released from old beliefs that no longer serve me. Her coaching has inspired and empowered me to live my life more joyfully and whole." -Kristie K.

Contact Amy to make a healing appointment and/or for information on the circle time & location.

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