

# Living in The Shining Feeling

When our nervous system is calm, our energy is clear, and our hearts are open and receptive, we can perceive the peace, joy and beauty in every moment. I call this The Shining Feeling.

## SERVICE GUIDE



### Energy Healing Appointment

One to One appointment

A single appointment. Time for you to receive support where it's needed now.

### Flower Essences

Receiving the support of flowers is nature's gift. Flower essences access deep fine energy within, to clear, balance and bring us closer to the receptiveness of The Shining Feeling. Recommended for all.

**Rose** - Loving Support

**Hawthorn** - Heart Healing

**Apple** - Clarity

**Camelia** - Abundance

**Star Magnolia** - Feminine Wisdom

**Plum** - Despair - When it feels all is lost

**Peach** - Relax and Restore

**Pear** - Peace, Calm and Hope

### The Art of Receiving - The Shining Feeling Series

One to One appointments

The impact of one energy healing session is profound. The journey of regular appointments acclimatizes you to staying open and receptive in "The Shining Feeling" and allows that to become your new "gold standard" of ultimate self care.

**3 parts**

**Welcoming The Shining Feeling**

**Staying in The Shining Feeling**

**Expanding The Shining Feeling**

12 appointments, each based on a chapter of my book "Living in The Shining Feeling" (in progress).

- Reclaim your health and energy by shifting from over-giving to putting yourself first
- Uncover and embrace your inherent worth
- Allowing yourself to receive the support you deserve to thrive
- Pave the way unbound by past experiences through freeing yourself from trauma
- Cultivate a loving relationship with yourself by caring for your inner child
- Embrace authenticity and step into your true essence without fear or hesitation
- Tap into and trust your inner wisdom as your guiding compass by accessing, trusting, and expanding your intuition
- Identify energy-draining patterns - empowering you to cultivate healthy connections
- Learn effective strategies to honor your needs through beautiful boundaries
- Offer others full responsibility for their lives by staying in your own lane
- Manifest your desires and create the life you envision
- Learn practical techniques for managing and protecting your energy to maintain balance and vitality

*Becoming Receptive to Life with Jo Kempton* ✨

Energy Healer | Ultimate Self Care Advocate

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