

# Welcoming the Shining Feeling

A Guide to Clarity & Calm Within



WITH

*Jo Kempton*

ENERGY HEALER

# Welcoming the Shining Feeling

When life turns a dull grey we sometimes don't even notice. But as the color fades we can lose our sense of clarity and calm within. This can look like:

- **Working too hard**
- **Lacking boundaries**
- **Losing connection to yourself**
- **Shouldering excessive responsibility**
- **Lacking self care**
- **Feeling unsupported**
- **Doing too much**
- **Multiplying traumatic experiences**
- **Unhealthy and draining relationships**

There is a point where we realize we can't tolerate the grey anymore. Energy Healing provides the **soft and nurturing support** to start coming back into full colour!

When our nervous system is calm, our energy is clear and our hearts are open and receptive we can perceive the peace, joy and love in every day. I now describe this place as **The Shining Feeling**.

It's my absolute  
passion to  
support others to  
experience the  
clarity, calm and  
lightness of **The  
Shining Feeling**



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ENERGY HEALER



# My Story

At the time I couldn't distinguish exactly when my life began to turn grey. The greyness built up as I tolerated moment after moment of seeming normalcy until a persistent fog overtook my life.

Running after others, feeling afraid and small and never having enough time for myself felt like a cloud of fog around me. I can see now that all the shame I couldn't process had built up and I just pushed myself harder to avoid how I felt inside.

This was fueling my pattern of endless over-giving. I would have no thought or care for myself until I felt fully depleted. I had no boundaries or ability to receive. Somehow harsh and critical words had become the norm for me. My intuitive knowing was stomped on after the words: "You're wrong" were echoed so many times that I had come to believe it was true!

It broke me, and I opened up... Then what I can only describe as a glimmer of intuition lit up my way and I followed it. I was introduced to **Energy Healing** and it provided the means to calibrate my over-giving and the trauma that led me to that dynamic. Energy healing was able to softly and smoothly support me to adjust to the colour of life returning. Clarity and calm slowly became normal and now I'm devoted to introducing others to the Shining Feeling too.

As I stopped pouring my energy into others, I found how to pause and offer myself care. This turned around a decades long pattern of depleting myself. I was able to let go of the people who drained me and I welcomed new energy into my life. My relationships are now reciprocal, I am heard and respected for my contributions and life has a gentle pace that nourishes me and my family.

# At home in The Shining Feeling

**With 8 years of client service, I bring compassionate presence. My intuitive awareness brings forward exactly what is needed. Together we use clear intention to open up a calm and clear space for you. This is how we access a vortex of energy healing for you, for you to welcome in the shining feeling. In the beginning receiving support to access this is crucial.**

## **My clients experience:**

- Improved health
- Improved boundaries
- More ease and joy in relationships
- Lifting of lifelong patterns of depression
- Prioritising their own self-care
- Heightened levels of self love
- Releasing past patterns of overgiving
- Recognizing new possibilities in their life
- Opening to allowing and receiving support
- Improved confidence and ability to speak their truth
- Vibrancy and colour returning to their lives
- Increased abundance in all areas of life
- Increased confidence and trust in their own intuitive guidance

**"Something amazing has happened since you did the last clearing. I don't know what but everything is different. I don't feel like I'm fighting stuff and now it's gone I think I probably always was?!"**

**C**

**"I've never felt such a palpable shift as after a session with Jo. I feel truly lighter, clearer & uplifted"**

**EN**

  
**Jo Kempton**  
ENERGY HEALER



# Energy Healing

My dream is that everyone has access to this beautiful place "**The Shining Feeling**" where we feel calm and clear within. This allows life to appear in full colour and full vibrance.

As a highly sensitive Energy Healer, I am known for my soft voice, gentle care and kind presence as I guide you to welcoming the calming and soothing power of The Shining Feeling into your life.

## Individual appointments

The intention for these appointments is to address what is appearing in your life at the present. A painful emotion, conflict or a repeating pattern.

## In Person or Zoom

**\$125**

To make a booking or purchase please go to [www.mylifepotential.com](http://www.mylifepotential.com)

## Flower Essences

Receiving the support of flowers is nature's gift along your journey into a vibrant and light filled life. Flower essences access deep fine energy within to clear, balance and bring us closer to The Shining Feeling.

- Rose - Loving support
- Hawthorne - Heart Healing
- Apple - Clarity
- Camelia - Abundance

**\$44 per essence**



# Full Support

## 3 Stages over 6 months

The intention for this 6 month container is for you to access, stay within and expand your own personal Shining Feeling.

### 1) Welcoming The Shining Feeling

- From over giving to putting yourself first
- From unworthiness to knowing your innate worth
- Opening to receiving support from life and the people who truly care for you
- Freeing yourself from past trauma
- Revealing and clearing patterns from the past
- From busyness to calm clarity

### 2) At Home in The Shining Feeling

- Caring for your inner child
- Fearlessly being you
- Accessing and trusting your intuition

### 3) Expanding The Shining Feeling

- Connections – Relationship as our greatest teacher
- Energy Drainers
- Boundaries and Advocacy
- Offering others full responsibility for their lives
- The power of intention

**12 appointments over 6 months  
In person or Zoom \$1500**

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