



Janelle Russell

What is an Intuitive Wellness Session?

Intuitive Wellness Sessions help identify the root cause of your physical and emotional issues and allow you to heal and move forward with your goals in life. It is a powerful mix of science and the spiritual, to enable optimal wellbeing and personal development. These sessions incorporate Progressive Kinesiology, Reiki, Psychic Mediumship and Past Life Regression.

Progressive Kinesiology uses muscle testing to communicate with your body and find the priority corrections needed to bring your body back into balance. These may include structural, energy, chemical and emotional corrections.

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing physically, mentally, emotionally and spiritually. It supports those experiencing life-challenging and chronic illnesses. Reiki reduces pain & stress and accelerates healing. It helps you let go of old hurts.

Psychic Mediumship offers guidance for the present and future and insight into the past. It also allows loved ones in Spirit to connect and share messages of love and encouragement. Client's loved ones often connect with me before their appointment. I am delighted by their personalities and quirks as they connect. These sessions bring me so much joy.

Past Life Regression is very effective in reducing chronic pain, emotional blocks and improving wellbeing generally. The process is extremely relaxing and healing. Chronic pain in a particular area of the body, that has not responded to medical treatment and other therapies, is sometimes linked to an injury or illness experienced in a past life.

Emotional issues in your present life can be understood and cleared by regressing to a previous lifetime/s where you may have had similar experiences or relationships. You may recognise souls with whom you share this lifetime.

After the regression you will recall all that you have seen, heard, experienced. It is a completely comfortable and energising experience.

PHONE OR EMAIL ME TO BOOK YOUR 90 MINUTE SESSION.