

# Events & Classes



## Sound Bath Meditation:

Join Ken and Suzy as they immerse you in the vibrant sounds of the crystal bowls and you are taken on a guided visualisation journey. Ken will be playing a number of attuned Crystal bowls live, and Suzy will be leading you through a guided meditation. Allow the high vibrational frequencies and ethereal sounds to help clear and balance your Mind, Body and Spirit for ultimate balance and pure bliss. Held in our 12-Unit EESystem Immersion room.



## Group Akashic Past Life Healing:

Facilitated by our lovely Owner Suzy, this groundbreaking session will leave your soul feeling lighter and more enlightened. Come equipped with two questions for Suzy to answer by accessing your Akashic Records (book of life), and if there's any past life healing/clearing that is needed, Suzy will heal the energy centres that have been affected. You will receive a written report answering your two Akashic questions that you can take home with you and information regarding any energy blocks from past lives cleared from your centres. The Akashic records hold all your soul records from all your lifetimes. You may ask questions regarding karmic contracts, soul connections, past lives, repeated cycles and challenges, purpose etc. You will lie down in our beautiful 12-Unit immersion room, bathing in the Scalar wave energy whilst listening to high vibration sound healing music.



## Starseed Power Circle:

A safe space for Lightworkers and Starseeds, anyone in the field of helping others, to come together, recharge, support and illuminate one another. Held inside the 12-Unit EESystem Immersion Room at Sydney Energy Healing Hub. Suzy will open up the floor for any Galactic visitors who wish to interact with us, they can come through to provide healings, activations or messages for each person in the group. Whatever is needed for your highest purpose, you will receive. It's a phenomenal experience where previous attendees have described feelings of release, deep elation, love, warmth and recharge. We will start the circle with a guided intention meditation, each month a different theme is set. There will be an opportunity to share our journeys as Starseeds in this current existence, discuss different galactic and worldly histories and topics. Plenty of opportunity for Q&A!



## Activate Abundance Immersion:

Loren Miller, Healer, Nurse & Kinesiologist, will be presenting this informative and interactive immersion on activating your abundance! You will be educated on the laws of attraction, raising your energetic vibration and abundance. Visualisation techniques will be used to take you on a meditation journey to aid you in activating your own abundance. This will be aided by your very own individual Reiki healing. You will leave feeling more aligned and vibrating at a higher frequency. Held in our 12-Unit EESystem Immersion Room.



## Group Energy Healing Sessions:

This session is facilitated by our owner Suzy, Intuitive Healer. Held inside our 24-Unit EESystem room, you will be treated to 2-hours of Sound Therapy music whilst you receive your own individualised Energy Healing, and Written report to take home. We believe in the connection between the Energy Body and the Physical Body, and to achieve optimum states of health, the energy body must be in balance. Suzy will clear any blocks in your energy centres, note down where and what they are and what has caused them. She will also provide you with tips to keep your energy body in balance going forward.

## Rest & Restore Meditation:

Loren Miller, experienced Nurse, Kinesiologist & Wellness coach, will take you through an insightful journey on the nervous system, and then guided to a deep state of relaxation in Meditation. Held in our 12 Unit - Immersion Room. Visualisation techniques will be used to facilitate your restoration journey. This will be aided by your very own individual Reiki healing. You will leave feeling relaxed, lighter, grounded and restored.



ENERGY HEALING HUB  
SYDNEY

