

# 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.

They are powerful mix of science and the spiritual to enable optimal wellbeing and personal development.

Intuitive Wellness Sessions incorporate Progressive Kinesiology, Reiki, Psychic Mediumship, and Past Life Regression (as taught by Dr Brian Weiss).

**Progressive Kinesiology** uses muscle testing to 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. Reiki reduces pain and stress and accelerates healing.

**Psychic Mediumship** offers guidance for the present and future, as well as insight into the past. It allows loved ones in Spirit to connect and share messages of love and encouragement.

**Past Life Regression** is effective in reducing chronic pain and emotional blocks. Chronic pain 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 from previous lifetimes where you may have had similar experiences or relationships. You may recognize souls with whom you share this lifetime.



**PHONE OR EMAIL ME TO BOOK**

Janelle Russell

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# Introducing at Mind Body Spirit Festival 2022:

## Making Magic Real

OPEN YOUR AWARENESS | EXPAND YOUR  
CONSCIOUSNESS | LIVE IN BLISS

A three month immersive journey to find the answers to achieving the Energetic Body, Youthful Spirit and Timeless Mind that allow the magic to flow.

This is not a course. It's an intimate (small group only) and practical experience that will guide you to become the master of your own life and destiny, allowing you to

Open your Awareness,

Expand your Consciousness and

Live in Bliss.

### What you get:

One 4 hour workshop a month to introduce your new practices, followed by weekly online support calls to solidify and trouble-shoot them.

*Imagine a life where adversities are a thing of the past,  
and where magic and synchronicities guide you to  
everything you dream of. Blissfully.*

**SEE ME AT STAND C49 OR PHONE / EMAIL ME FOR MORE INFO**

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