

Energetic and Spiritual Healing

Involves a combination of
Spiritual Guidance, Energy Healing, and Aura balancing



Our bodies consist of an aura (electro-magnetic field) that surrounds our physical body. Embodied in the aura are seven energy centers called chakras. Chakras interface between our physical body and higher consciousness.

Auric fields and chakras are energy systems, which can be damaged or distorted by illness, injuries, past experiences of stress, fear or trauma. When repressed, they persist into adult life, where they constrict our natural energy flow.

These energy systems talk to us through the body when they are not balanced. You may feel fatigue, discomfort in the physical body, feeling down, or suppressed emotions that the body is holding, and you are finding it hard to move forward.

Imbalances and dis-ease manifest in the auric body before any physical symptoms are apparent.

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I have found working with clients, that the aura can reveal issues that are on a sub-conscious level. Bringing this information on a conscious level can be empowering.

I use a combination of healing techniques that help charge, repair and rebalance your energy systems. During this process universal energy is absorbed into the body creating a state of joy and personal growth.

When your body is fully balanced and in harmony it allows you to connect to your true self and advance to your higher potential.

Benefits of Energetic Healing

Relaxation and calmness

Trauma release

Emotional balance

Inner peace and harmony

Insight and clarity

Improved health and wellbeing

1 hour session - \$85

Elisa Lanau Intuitive Reflexologist, Tutor, Energy Healer (15 yrs private practice)

Elisa's psychic ability revealed itself over 25 years ago, when she spontaneously started seeing auras.

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or visit website

www.centreofwellbeing.co.nz