



## WHAT IS SELF LOVE ENERGY HEALING?

Physical distress, emotional and environmental stress, along with false belief systems which have been programmed within us from childhood to the present day, can all be stored in our energetic field. This residual energy can remain in the physical body, long after the trauma has passed, leading to short and long term effects on our physical and mental state, which in turn impacts on our ability to function at our full potential.

**SELF LOVE ENERGY HEALING** is about turning the attention inwards and giving the body, mind and soul the appreciation and respect it deserves...

## WHAT HAPPENS DURING A SESSION?

The healing takes place on an energetic level, repairing and rebalancing the energy so that the body can move to its optimal level of balance from where it is able to access its ability to heal itself. The physical feeling is that of a gentle, light pulse flowing around the body, some clients feel very little physically, whilst some clients feel the energy stronger. I will act as a facilitator throughout the healing session.

## HOW LONG DOES A SESSION LAST?

A healing session can last anywhere between 40 to 60 minutes, and we will have a chat once the healing has finished to get some feedback and also to go through what may have come up during the session. When working with the energy, I can receive insight as to how or why the block occurred, sharing this information can help give the client a deeper understanding into their own ability to heal after the session.

To book a session, please contact me via:

Mobile: 07969200917  Self Love Energy Healing  SelfLoveEnergyHeal (@deanldalton)

Availability: Weekdays (excl Thur) 4.30 pm – 8pm; Sat and Sun 10am – 3pm

**SELF LOVE ENERGY HEALING** at **BIKRAM YOGA LIVERPOOL** - The Focus Building/Great Crosshall St, Liverpool, L3 2AP, 0151 236 1375