



*rooted in healing
reaching for grace*

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Services Available

Intuitive Readings

50 minutes and a written summary of the reading. Cost: \$75.

Quantum Healing

A series of quantum healing sessions can help you identify triggers and release patterns from your energy body and bring you to a place of wholeness. Cost: \$65 per session. (3-6 sessions per Quantum Healing Sequence)

Reiki

Experience relaxation during this 45 minutes session. Cost: \$65 per session.

**Experience a session
in your own home!**

Warmth, Sunshine, Promise

April...the very word conjures warmth and sunshine and promise. Crocuses, jonquils, and daffodils invite us to leave the month of March and step fully into spring. Soon all will be green and warm and alive with the spirit of spring. Dawn arrives ever earlier and dusk deepens later. The mantle of winter is thrown off as we bask in the gentle warmth and promise of spring.

When I was young, I sang, "April showers bring May flowers" as raindrops plopped upon me. The spring rain not only nurtures seeds but also rinses away the grit of winter. As the gently teased seeds burst forth, we see the fruition of what we have nurtured during those long winter months.

What have you been nurturing during the cold months of winter?

In this moment become aware of your breath. Feel yourself inhale and exhale. Be aware of your body as it reacts to your breathing. Move to the rhythm of your breath and allow yourself to be drawn to the center of your being. Within your center is a place of sacred growth. Envision your fertile space. Describe this sacred space. Is there sunlight? Darkness? Some of both? What aromas do you smell? Are you alone in the garden? Do other beings keep you company? Allow your attention to be drawn to the new growth. Watch it grow, climb, expand. As each flower petal unfurls, notice the array of colors on the petals. How is each petal tinted? What is the texture of your flower? How does it smell? Is the flower singing? Listen to her sing. Describe the song. Using all of your senses, become the flower and discover how she reflects you in the present moment.

This flower in the center of your being shifts with your emotions, your thoughts, and your behaviors. During the month of April, how can you nurture the flower into a vibrancy of being?

Your flower is but one of the residents in the Garden of your Soul. See your garden flourish by nourishing her and the other garden occupants. How your garden grows is a choice to make in each moment. Your flower's growth is fed with your attitudes, beliefs, and actions. Just for today, in this moment, dance abundantly in joy and optimism. Feed your flower joy and optimism. Feel the flower bask in the light of grace.

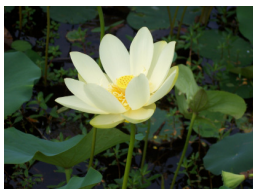
Offering Classes in

Reiki
God's Whispers:
Intuitive Training
Tai Chi
Energy Healing

Request a schedule
of upcoming classes!

Vanessa Hurst has integrated natural health techniques into her practice since 1995. She incorporates Reiki, Medical Intuition, Quantum Healing, and Healing Touch into healing sessions.

Having earned her master's degree in Natural Health in August 2006, Vanessa is now a PhD candidate. Through knowledge learned and experience gained, she works with each client to develop a personalized plan that balances the whole person through energy healing and lifestyle changes.



Healing Willow

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God's Whispers

Fractal Time

A fractal is a pattern that repeats itself in similar ways on different scales. Nature consists of fractal, definable patterns. All aspects of life, including our life journeys, are fractal; they have definable patterns. Some of these patterns are uplifting and bring us to a place of wholeness. Other patterns keep us firmly rooted in places of imbalance.

In his newest book, *Fractal Time*, Gregg Braden writes about patterns that exist globally, communally, and personally. The key to understanding and resolving the pattern is to identify the seed of the pattern. Next, we recognize how the growth vines out into our lives stimulating balance or disharmony. As the seed grows, we have opportunities to either replicate the pattern or resolve the pattern and bring ourselves, globally, communally, and personally, to a place of greater balance.

Have you identified patterns that exist in your life? Or, do you need assistance in identifying the seeds of the patterns? Are you ready to stop replicating patterns of imbalance? Quantum Healing helps to identify and release the roots of a pattern and the triggers that stimulate a pattern's spiraling in your life.

Through a series of sessions, we will work together to identify the pattern and clear it from your energy field. In each step of the process, we will identify triggers that stimulate the twining of the pattern in your life and exacerbate the imbalance in your energy field. After each Quantum Healing session you will receive a report with activities that will empower you to release the old patterns and begin to build new, healthier patterns in your energy field.

Outcomes of Quantum Healing include (but are not limited to)

- enhanced feelings of self worth
- recognizing and responding to life-changing opportunities
- developing a plan for your career
- creating and instituting successful life style changes
- understanding and releasing the mental and emotional components of disease
- identifying and releasing fears
- recognizing and releasing the roots of hurt, anger, and resentment

Quantum Healing provides opportunities to release the binds of life patterns and empower you to create new life-giving patterns. *The recipient need not be present to enjoy the benefits of Quantum Healing.* Call today to schedule your transforming Quantum Healing sessions!