

Specializing in
Anxiety,
Depression,
Stress Reduction,
Integrative Cancer
Care,
Integrative Medical
Care

Fall in love with taking
care of yourself.

MIND, BODY, SPIRIT

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EAST VALLEY HEALING

REIKI
YOGA NIDRA
HYPNOTHERAPY
ENERGY CLEARING
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REIKI-YOGA NIDRA-

HYPNOTHERAPY

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OUR SERVICES

Reiki Sessions

Reiki + Yoga Nidra Sessions

Reiki + Hypnotherapy Sessions

Hypnotherapy Sessions

Beyond Quantum Healing

Energy Transfer Reset

Most services can be done in person or via phone or internet.

Package prices are also available.



"I help you kill stress before it kills you."

Kerri Wade

THE TRUTH ABOUT STRESS...

Stress has exploded into an invisible trillion dollar health epidemic according to The Huffington Post. That is more than the cost of cancer, smoking, diabetes and heart disease combined! Stress is a factor in five of the six leading causes of death -- heart disease, cancer, stroke, lower respiratory disease and accidents. The body is like a car: left in overdrive without regular maintenance or care, it only makes sense that at some point, the body will give out. Anything driven hard enough will break down somewhere at some point. There are no exceptions. Here's a short list of symptoms that are signs the body has been doing too much and not balancing itself: Asthma, sleep disorders, depression/ mood swings, high blood pressure, high cholesterol, diabetes/hypoglycemia, unexplained pain, weakness, fatigue, GI disorders, irritable bowel, constipation, nausea, epilepsy, back pain (especially lower back), PMS, hot flashes, erectile dysfunction, skin disorders such as eczema and psoriasis, fertility, sexual response, allergies, heart disease, chronic muscle tension, migraines and tension headaches, anxiety, stroke, and immune response. Certain types of cancer are also thought to be related to stress. We can work with each symptom individually, or we can work with the SINGLE ROOT CAUSE of all the symptoms: THE IMBALANCE OF TENSION AND RELAXATION.

REIKI+YOGA NIDRA

Reiki (pronounced ray-key) is a Japanese hands-on, or hands over, technique for stress reduction and relaxation that allows healing on all levels. In Reiki, healing occurs on four energy levels: the spiritual, the mental, the emotional, and the physical. Our energy systems are affected by daily living and we carry imprints of our traumas, stresses, disease, etc. in our body resulting in misalignment. Reiki has the inherent ability to realign these bodies. Misalignment of these bodies causes a wide variety of trouble on various levels. Reiki is "smart energy" meaning that although it is possible to direct it with intention, it will first fill in the places in the physical, emotional, mental and spiritual bodies where it is needed before it can be directed to go elsewhere.

Yoga Nidra, also called Yogic Sleep, is a guided meditation that drops you into that still, quiet place. You can compare it to the gap that happens between the point where your thoughts shut off and you fall to sleep at night. It is a deep meditation that you cannot do wrong! During the Nidra, we can plant your intention where it will be accepted on a cellular and bliss body level. Yoga Nidra balances the brain, raises serotonin, oxytocin, endorphins, GABA, DHEA, melatonin and HGH while lowering cortisol. The Yogis tell us a 45 minute Yoga Nidra is as restorative as three hours of sleep! It's healing powers are simply amazing!

