

Some of the Most Powerful Energy Healing Techniques Are Already in Our Toolbox!

I've been a student and practitioner of energy healing for several years. I've learned so many different techniques and modalities that I've lost count. I love both giving energy healing and receiving it. A session with a trustworthy healer can absolutely help shift energies and guide us to living a more balanced life. But lately, I've come to realize that some of the most powerful energy healing techniques are already in our toolbox, just waiting for us to dig in.