



## Balance... At your fingertips

### July 2009 Newsletter

We talk a lot about balance here at Blue Rose, and for good reason. Balance equals health; mental, spiritual, and physical.



So, in that frame of mine, we are dedicating this newsletter to balance and optimal wellness.

Our goal through all modalities, traditional and modern, is to help our clients achieve a balanced, healthy lifestyle!

### A GOOD FOUNDATION: To build balance

Our energetic foundation is our Root Chakra. Please enjoy this free balancing meditation to Mother Earth. Find a quiet place where you will not be disturbed and enjoy this grounding meditation:

*"Allow your body to relax and your mind to be quiet. This meditation will deepen your connection with Mother Earth and allow her unconditional loving energy to flow into you, developing your sense of grounding to the earth.*

*Allow yourself to be aware of your physical body. Focus on the weight of your body on the table, the rhythm of your breath, and your connection to Mother Earth's energy below you. Feel her unconditional love and approval as she holds you in her perfect vibration.*

*Focus inward, allowing your breath to deepen and slow. Allow the air you take in to travel to the very core of*



**JULY SERVICE SPECIAL: Reiki with Dr. Tim, Usui Reiki Master or BioSurvey with Dr. Lori for only \$35**

### UPCOMING WORKSHOPS

**7/18 2-3 pm CHAKRA BALANCING \$35**

When your Chakras are blocked, you may feel listless, depressed, out of touch, unable to think, or confused. You may get angry for no reason, be afraid, unsure of yourself, lack self-confidence, be unhappy without a direct reason, or have a generally negative outlook on life.

Using guided meditation, crystals, colors, and essential oils we will correct any imbalances. Calm your mind and stay for our Reiki Retreat!

**7/18 4-7:30pm REIKI RETREAT \$75**

This unique retreat is for Reiki practitioners of all levels. Those seeking Levels I & II will receive their attunements, certificates, course manuals, & hands-on training. Those seeking Master level will have the opportunity to expand their awareness and assist in Level I & II attunements. All students will give & get Reiki, learn to program crystals, and set up their Reiki Matrix. CEUs

*your body and relax you down to the smallest cell.*

*Visualize her beneath you; beyond the floor and construction of the building, her dark earth accepts you. Envision growing roots deep down into that earth, and into the very center of the Earth Mother. Allow yourself to be in vibration with nature and absorb from your roots the warmth and loving energy that is your gift from her.*

*Fill yourself with this unconditional love and know that the energy is your gift, and will be there whenever you need to revisit this place. Feel the heartbeat of the Earth Mother beneath you and harmonize with her grounding vibration. "*

## CURB THOSE MANIC MONDAYS: With Savings

Monday, July 20 only enjoy any service for only \$30/hour! Each month, we will pick one day to offer discount clinic specials to say thank you to our regular clients, and to encourage new clients to try several different modalities.

Make your appointment today, because we expect these clinics to fill up fast!

available.

**JULY PRODUCT SPECIAL: Go GREEN with our Organic Royal Macha Green Tea HALF PRICE! Regular \$32.97, now only \$16.50 (while supplies last).**

### Now Available Online:

- o Reiki I Distance Course
- o Reiki II Distance Course
- o Distance Reiki Healing (1 hr)

Blue Rose Holistics, LLC

101 Court Street


Ripley, WV 25271

(304) 532-5412

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*And, as always, we look forward to serving you, utilizing traditional modalities coupled with cutting-edge technology.*





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