

Sessions

Medical Intuition Readings—
Systematic body scanning & information gathering; includes the auric fields & outer bodies. Here, your body is the expert. One hour. \$95 includes CD recording.

Intuitive Readings—*Heidi can intuitively 'read' your house, your pets, even your car. Home visits are available. One hour \$75 + travel, where applicable.*

Facilitation—*Guidance, coaching or learning as appropriate to the person and the situation. One hour. \$75.*

Reiki Healing Sessions—*traditional Usui Reiki. One hour \$65. Half hour \$35. Series of 3 treatments \$180.*

Intuitive Healing Sessions—*Body scanning & assessment. Application of intuition-based healing techniques. One hour \$75. Half hour \$40.*

Intuitive Acupressure—
Gentle pressure applied with hands & fingers for specific concerns or overall health & wellness. Pain relief is a natural result as the body's flow of chi is restored. Heidi's intuition guides this process. One hour. \$75. Intuitive Acupressure with Reiki – \$75.

Distance Sessions—*Paid in advance. MI or IR \$100 includes CD & shipping. Reiki 20-min. sending \$30.*

Heidi

Heidi is a "translator" and can communicate with any subtle bodies, energies and objects to relay information on all levels in order to promote healing and growth. Her sessions offer guidance, coaching & learning combined with hands-on nurturing energetic work to promote transformation on all levels. They are custom tailored to your individual needs.

Natural-Born
Empath
**Medical Intuitive
Channel/Translator
Energy Tracker
Smoke Eater
(De-Possessor)**
**Reiki Master Teacher
Artist of Every Media**

With six years of university training in the fields of psychology and fine arts, and a lifetime of experience in metaphysics, Heidi's skill base is very broad. Many of her skills came to her naturally, and were developed through intensive practice. In addition to her listed work, her sessions can also include the following:

<i>channelling</i>	<i>art communication</i>
<i>meditation</i>	<i>past life access</i>
<i>crystals</i>	<i>global shifting</i>
<i>soul retrieval</i>	<i>energy tracking</i>
<i>journeying</i>	<i>ceremony/ritual</i>
	<i>multi-dimensional travel</i>

The Healer Series

A series of full teaching courses designed for healers or for those who wish to delve deeply into the healing arts for themselves and others.

Each of the four weekend courses is a combination of in-depth teaching, learning, sharing of information and tools, and hands-on approaches and practice. Pre-payment of the course in full is required to reserve your space. Exclusions apply to some courses. Discounts apply when booking more than one course in advance.

**Channelling Higher Wisdom
Medical Intuition/
Intuitive Healing
Energy Management
Essential Skills for Healing**

Please inquire for more information.

Energy Medicine

Like a tree, we have roots that are invisible to our eyes, yet which govern every aspect of our health and well-being. If our roots are tangled, dis-eased, unbalanced or undernourished, the rest of us is too.

Every imbalance that we experience in our bodies and lives has an energetic root that can be tracked and cleared. Permanently.

REIKI Healing

REIKI (pronounced ray-key) is known as "spiritually guided life force energy" or the energy of unconditional love. Its roots can be traced back thousands of years to India and Tibet, but it was re-discovered in Japan in the late 1800's by Dr. Mikao Usui. REIKI can be used to treat any condition and works on all levels: physical, mental, emotional and spiritual, and benefits both the giver and the receiver. REIKI always works for the highest good, and can address any issue. Sessions are generally one hour in length and you are always fully clothed. Sessions with two or more Reiki Masters and Practitioners may be available.

Session Policies

Confidentiality—*We adhere to firm rules of confidentiality & professional conduct in all of our client interactions.*

Cancellations—*If you need to cancel an appointment, Heidi requires a minimum of 24-48 hours notice or you may be charged for your appointment.*

Timing—*Please arrive 5-10 minutes prior to your scheduled appointment time so that all treatment times can be ensured.*

Refunds—*Many deposits are non-refundable. Please take note!*

REIKI Training

Reiki is taught in a series of levels known as "degrees". Each degree builds upon the teachings of the previous degrees. The ability to do Reiki is passed on from master to student through an opening called an "attunement".

First Degree

Students learn how to give hands-on treatments to themselves and others. \$150 includes certificate & manual.

Second Degree

Students learn how to send healing over distance and time using Reiki symbols. \$225 includes certificate.

Third Degree

Students learn how to give two different kinds of healing attunements. \$500 includes certificate.

Reiki Master Teacher I

For those who qualify and wish to teach Reiki to others. Students learn how to initiate others into First, Second & Third Degree levels.

Reiki Master Teacher II

For those who qualify and wish to teach teachers.

First & Second Degree classes are offered regularly. All other degree levels are by request.

Heidi Light's Healing Arts

Intuition & Energy Medicine

for yourself & others

*"The first scientists
were mystics.*

*The first doctors
were shamans.*

What I do is not new.

It is actually very, very old."

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yellowcentre.
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