



**GABRIELE CAMPBELL**  
Energy Shift Facilitator / Intuitive

### **AFTER YOUR ENERQI HEALING & BALANCING SESSION**

Because the process occurs on an energetic level, the benefits of an EnerQi Healing and Balancing session can be felt in every aspect of your life - there are no limits. You may experience one or all of these:

- physical and emotional well-being
- relief from pain and discomfort
- heightened mental clarity and awareness
- self-acceptance and self-actualization
- improved energy and vitality
- release from trauma and strain
- increased confidence and courage
- more profound connection with and understanding of your life journey
- more compassion and understanding for yourself and others

### **CARING FOR YOURSELF**

Be sure to pay attention to how you are feeling after your session. You may feel particularly emotional, or dizzy, or foggy for the first little while. Allow yourself time to rest or meditate, to drink more water, eat healthy and take time to be alone for the next 24-48 hours. If you would like to check in with me to discuss the session and the results you are experiencing afterwards, please do so. I am here to support you.

### **BOOKING YOUR NEXT APPOINTMENT**

You will know when you will be ready for your next appointment. You can book 3 ways:

Online: [www.gabrielecampbell.ca](http://www.gabrielecampbell.ca)  
Call or text 587.372.8935  
Email [gabrielecampbell@hotmail.com](mailto:gabrielecampbell@hotmail.com)

