

WWW.EMBRACEYOURSELF NOW.COM

SCHEDULE AN ENERGY HEALING SESSION WHEN YOU ARE:

QUESTIONING HURTING RE-EVALUATING  
UNHAPPY UNSETTLED UNSURE STRESSED CHANGING  
AFRAID UNWELL STUCK  
ANGRY BORED  
ASHAMED  
SEEKING EXHAUSTED TENSE

### Embrace the love!

You have been gifted a one-hour energy healing session with Julie. At your convenience, visit [www.embraceyourselfnow.com](http://www.embraceyourselfnow.com), email [juliecbales@gmail.com](mailto:juliecbales@gmail.com), or call Julie at **406-209-3132** to learn more and to schedule your appointment.



#### Julie Bales

The McKay Method®  
Certified Practitioner

This unique and special brand of energy healing allows me to gently address all aspects of your being from your perfect soul to the remarkable body where it lives and the beautiful dance between the two. It's a privilege to do this work, and I look forward to speaking with you.

### What can energy healing do?

- ♥ From broken heart to broken bones, energy healing allows you to recover gently and more swiftly from emotional distress, illness or injury.
- ♥ It is a confidential, intuitive stand-alone therapy or companion to other healing methods and medications, enhancing their effectiveness.
- ♥ Energy healing celebrates the richness of your life and supports you through personal growth and life transitions.
- ♥ It helps you accept your personal power to calm stress, fear and pain and move forward into your life from a place of peace and strength.

*Energy healing is a complement to, not a substitute for, professional medical care.*

### What's a session like?

We'll work together over the phone so please take this time to sit comfortably and relax. I'll listen to what's on your mind, and what's going on in your life. While we chat I'll be in intuitive dialog with your physical body and its energy fields. I'll wrap up our session with a few silent grounding techniques. Afterwards, most clients feel relaxed, energized and ready to embrace whatever is ahead.

