



clear heart healing arts
workshops . reiki . essential oils

What if... you could Live an inspired life?

What does that look like for you?

Discover your life ...inspired.

Join me in learning how you can

- Find your *Inspiration*
- Connect to your *Higher Self*
- Meet your *Spirit Guides*
- Learn To Listen And Pay Attention
- Discover Your Roadblocks
- Take Action

...so you can live an inspired life.

Workshops & Retreats

Profound Journaling
Reiki Classes & Attunements
Essential Oil Classes
Invoking Your Guides
Chakras & Essential Oils

Treatments

Reiki Treatments
AromaTouch Treatments
Energy Balancing
doTERRA Essential Oils Consultations

*Claire O'Leary, guiding women to
connect with your Higher Self, recover your joy
& live life inspired.*

303.525.6893

clearhearthealingarts.com



Workshops

Reiki I, II & III Classes & Attunements

Reiki is a healing, universal life force energy which improves the flow of life energy in a person. Using sacred symbols, the first attunement clears, and aligns the Chakras and Aura allowing energy to flow easily. In Reiki II & III classes we teach the sacred symbols. Each attunement increases the connection exponentially making both distance and hands-on healing more effective.

Essential Oil Classes

Free essential oil classes are offered at various locations or can be scheduled in your home. See web site for the upcoming schedule.

Invoking Your Guides

This workshop is for those are ready to contact and work with their Spirit Guides. Through meditation and other processes, you will be introduced to one or more Guides and learn to work with them.

Awakening the Chakras

This eight part series, explores each of the 7 major Chakras through movement, meditation, automatic writing, journaling and sound to awaken and balance the major Chakras and beyond.

Chakras & Essential Oils

This short class teaches you which essential oils to use to help balance each of the 7 major Chakras.

Treatments

Reiki Treatments

Amazing results for physical, emotional and spiritual well being. Reiki energy is passed through the Crown and Heart Chakras and out through the hands to clear blockages allowing you to feel more balanced, energized and healthier.

AromaTouch Treatments

Combats stress, toxic insult, inflammation, and autonomic imbalance. The therapy which uses 8 (CPTG) essential oils increases feelings of overall health and well-being and creates homeostasis.

Energy Balancing

Using energetic techniques and essential oils, this treatment balances your chakras leaving you with vibrant energy and better overall health.

doTERRA Essential Oils Consultations

Private or group consultations in your home or office using the Zyto Compass which gives you a ranking of essential oil recommendations with the highest to lowest priority for balancing your personal and immediate needs.

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