

About Linda

My goal is to use my training, personal experience, and other life skills to help others reconnect with all parts of themselves in ways that are deeply healing and life-enhancing. Illness or dis-ease often present both a challenge for change and a deeper message that unfold through healing work. I am deeply honored to walk with my clients into their healing journey, where ever it may lead.

"We are the ones we've been waiting for" — Hopi elders

Linda Rusczek

Middletown, CT
(860) 558-3244



**Brennan Healing Science
Reiki Master
Shiatsu
Essential Oil Aromatherapy**

Appointment Information

Sessions are by appointment only and may be in person or as long distance healing sessions.

\$65 for a 75 min session
(860) 558-3244

Email: Linda@innerwholeness.com

Please call or email with questions or to schedule a session.

Website:

www.innerwholeness.com



"Trust that what's being created in your life is for the highest purpose"

-- Heyoan

Graduate of Barbara Brennan School of Healing 4 year Professional Studies Program

Graduate of Connecticut Center for Massage Therapy Shiatsu Therapist program

Connecticut Massage Licensed

member of ABMP—Association of Bodyworkers and Massage Professionals

07/09

Inner Wholeness



Healing Energy Medicine

"help for the hurt, scared, and stuck places"

stress & anxiety reduction
pain relief & physical healing
personal growth & spiritual support

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What is Energy Medicine ?

"As we get better at understanding how little we know about the body, we begin to realize that the next big frontier ... in medicine is energy medicine. "

-- Dr. Mehmet Oz, Oprah Winfrey Show

The human body lies within its own field of subtle energy that exists at various frequency levels. Energy medicine clears and repairs this field of energy, creating greater flow, balance, and coherence, providing a better blueprint for the physical body.

Energy work does not replace traditional medicine, but it works well as an effective standalone therapy or as an integrative therapy along side standard medical care.

What are Its Benefits ?

- Promotes deep relaxation, reduces stress and anxiety
- Increases overall state of well-being and health
- Supports healing, speeds recovery, and reduces pain of chronic or acute health concerns, medical procedures, or surgery
- Provides support for life challenges; and for relationship or emotional issues
- Improves self-esteem, self-acceptance, and self-awareness

- Balances, repairs, charges, and clears all frequencies of the body's energy field and chakras (major energy centers)
- Aids personal growth, self-awareness, and spiritual growth
- Re-connects all aspects of a person to their life purpose and higher self



"Eventually we realize that whatever in us has remained folded up is really that about us that was never loved. "

— David Richo

What is a Healing Session Like?

A typical session begins with a brief discussion of the client's needs and current concerns. The concerns may vary considerably. For example, a client may be dealing with a health condition or injury, a client may feel unfulfilled and stuck in a rut, or sometimes there are no particular concerns.

After this brief discussion the client lays down fully clothed on a massage table and the healing session begins. Healing sessions may also be done long-distance as effectively as in-person healing work as energy works with different rules than the physical world.

I generally begin at the feet and work up the client's body, using my hands lightly on or above the body, clearing, balancing and strengthening the overall energy field to provide a strong foundation for the more specific work that will follow.

I track and respond to the changes in the client's energy field, moving to specific areas of the body that need more precise work, providing further clearing, repairing, balancing, and energetic restructuring. If an area is injured or diseased it is energetically rebuilt on many frequency levels to support healing.

There are many techniques that may be used depending upon the needs of the client or where the session leads. These may be various Brennan Healing Science techniques, Reiki, Shiatsu (finger pressure) on acupuncture points and meridians, channeling information for the client, or the use of aromatherapy, gemstones or crystals to assist in the healing. Each session is unique, confidential, and is guided by the needs of the client at that time.

What a client experiences is also unique to that client. After the healing session we share insights or observations about the session and sometimes homework is suggested for between sessions.

"Step deeper into the self, and open to what is "

— Heyoan