



Spiritual Energy Massage *with Terry Anderson*

Much like how our body enjoys and relaxes from a body massage, our spiritual energy is soothed and calmed by a gentle massage of our spiritual essence.

This is not a physical touch massage, rather it is a comforting, relaxing massage of the energies surrounding your body. The purpose is not to change or alter your own natural spiritual flow but rather to soothe it and match it, producing a natural relaxation.

First 20 minutes is the massage. Then 10 minutes of rest. And the last 20 minutes is time to share any insights or ways of honoring our authentic spiritual selves.

\$45 – 50 minutes