

SAMPLINGS OF WHAT I TREAT:

PHYSICAL ISSUES:

broken bones, headaches
sciatica, arthritis
preparation for pregnancy
chronic muscular constriction
cancer

EMOTIONAL SUFFERING:

depression, grief
healing from abuse
lack of confidence
relationship problems

SPIRITUAL CLEARING:

past lives afflicting this one
lack of clarity or direction
becoming who you were born to be

"After a few sessions with Jane, my long standing gastric problems were gone. Not only that, but after the first session, my back pain of 25 years was also gone. (I had seen doctors and physios over the years.) The pain in my wrists and fingers, which I had for a year and had assumed was arthritic, was also gone."

Andie Dansie, Health Professional, Halifax

MY COMMITMENT

is to ease your psychological and physical pain and to help you heal on whatever level you choose; to help you transform negative patterns so you may uncover your unique gifts and realize the best within you.

IMPORTANT TO KNOW:

Positive shifts often occur that no other treatment has managed.

You will know after three sessions if this approach is working.

Changes happen in small well-founded stages, making treatment reliable.

Years of experience form a strong foundation for my work.

I uphold strict standards of professional practice and ethics.

Treatments are often covered, as I am a member of a professional association.



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HALIFAX & CHESTER

EFFECTIVE RELIEF

of stress,
dysfunction
& emotional pain

PHYSICAL AND SPIRITUAL CLEARING & HEALING

SINCE 1994

"I am no longer searching for a genuine healer. Jane is the 'real thing'. She fixed my neck, and then she fixed my heart."

R.A., Researcher, Mahone Bay

Is your body in trouble?

Do you feel depressed, sad, lost?

Are you lacking confidence?

Are you stuck spiritually?

I CAN HELP YOU.



JANE MOODY
HEALING SERVICES



please visit my website for complete information:
WWW.JANEMOODY.CA

SECRETS TO SUCCESS

Seeks to transform the deepest cause of symptoms.

An integrated approach creates a powerful healing environment:

- *Soothing touch* induces deep relaxation
- *Bodywork* loosens constriction
- *Psychotherapeutic techniques* dislodge unconscious beliefs locking in trauma
- *Energy medicine* clears, balances & heals body, mind and energy field
- *Integrated Kabbalistic Healing* re-calibrates at a cellular level, causing deep change.

An atmosphere of non-judgement and compassion encourages clients to feel both safe and heard. All religious beliefs are honoured.

“Golly - I’ve experienced many treatment modalities over the last 18 years and never have I felt such relief on a variety of levels.”

Daphne Bashford, RMT, Calgary

SOME TYPICAL RESULTS

- feeling uplifted and deeply relaxed
- easing of muscular constriction
- lowered blood pressure
- relief from depression
- eased body memory from abuse
- faster healing from surgery & broken bones
- greater positive engagement in life
- greater confidence
- clearer, stronger boundaries
- more emotional resilience
- greater spiritual clarity

IN A NUTSHELL

Besides healing bones, cartilage, knees etc., I help you release negative patterning locked in body tissues. I then assist you to strengthen, heal and re-integrate all levels of your being with your powerful and loving Core self. Broad based spirituality and the poetry of Rumi form the matrix for my work. Mary Oliver’s poem adds what other words cannot convey:

*You do not have to be good.
You do not have to walk on your knees
for a hundred miles through the desert repenting.
You only have to let the soft animal of your body
love what it loves.
Tell me about despair, yours, and I will tell you mine.
Meanwhile the world goes on.
Meanwhile the sun and the clear pebbles of the rain
are moving across the landscapes,
over the prairies and the deep trees,
the mountains and the rivers.
Meanwhile the wild geese, high in the clean blue air,
are heading home again.
Whoever you are, no matter how lonely,
the world offers itself to your imagination,
calls to you like the wild geese, harsh and exciting —
over and over announcing your place
in the family of things.*

Mary Oliver, *Dream Work*



***“You are SUCH a soul, Jane;
you aren’t just any healer.”***

Y. Li-Downs, Reiki Master, Healer, PA.

WHAT A TREATMENT LOOKS LIKE

As we talk, I will teach you tools you can take home with you. When you lie on the massage table, fully clothed, I clear your body of old, negative beliefs and energy, repairing damage from trauma and replenishing depleted energy. You will become very deeply relaxed. Over the weeks ahead, you will gradually strengthen and engage more positively with life. Resilience will become part of who you are as more joy becomes possible.

All sessions are strictly confidential.

“Thank you with all my heart for everything you have done for me - life is indeed lighter and I’m feeling the best I ever have.”

Maya Ray, Halifax

ABOUT MY TRAINING

The medical field drew me after my BA. I’ve been doing growth and transformation work since 1978 and my formal healing training began with a two year Gestalt course in 1986. From there, I went on to complete over 1800 hours of training, including:

Certification by two leading US healing schools (3 year programs. Details are on the web site). Before that, I attended the Barbara Brennan School of Healing for one year.

Courses also in: Jin Shin Do acupuncture
Myofascial Release
Healing Touch
Jungian Dreamwork