

INDIVIDUAL SESSIONS

Your treatment begins with a comprehensive consultation, where background is shared, and goals for the session are established. Then, while resting on a massage table, Diane engages with and manipulates the energy fields around your body. It is a subtle feeling—people who are tuned into their body can feel movement; for others it takes time for that to happen.

Everyone's treatment experience is unique. Many clients report feeling relaxed and refreshed at the end of a session.

GROUP SESSIONS

During a discovery session, we explore various aspects of the healing journey in a group setting. By first looking at the self and how our individual bodies and nervous systems respond to trauma, we can then gently learn the importance of self-care and develop various tools to gain resilience.

Whether you are struggling with the emotional pain of grief, the mental anguish of depression, or the anxiety of a busy lifestyle, sitting in circle can help transform your healing path. Together in this co-creative environment we can ensure your group is comfortable and safe.



WHO IS *Crow's Light?*

Diane Strand is a Southern Tutchone woman from the Haines Junction region. A member of the Crow Clan, Diane is immersed in her culture, drawing upon her knowledge from Elders and the years she worked for her First Nation, Champagne and Aishihik. Diane integrates knowledge from a variety of traditional and contemporary approaches into her AIEH practice and treatment programs.

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WHAT IS *advanced integrative energy healing?*

Advanced Integrative Energy Healing (AIEH) is a holistic practice that activates the body's subtle energy systems to remove blocks. By breaking through these energetic blocks, the body's inherent ability to heal itself is stimulated—commonly providing restorative and transformative results for the client.

AIEH is a gentle, non-invasive healing therapy that places the whole person at the forefront of the healing process—nourishing and balancing the individual physically, emotionally, mentally and spiritually. AIEH combines ancient teachings from the East (India), with contemporary western science. It is complementary to, but not a substitute for, medical advice or counselling.

WHAT ARE *the benefits?*

Advanced Integrative Energy Healing:

- Helps to build resilience and relieve both physical and emotional pain.
- Helps to strengthen the immune system and build resistance to disease.
- Assists in relieving stress, anxiety and trauma.
- Allows for a re-connection to wholeness on a soul level; brings about awareness and understanding of the physical body and its emotional/spiritual connection.

DIANE'S *unique healing approach*

Diane works closely with her clients to develop a healing plan that includes self-care strategies and teachings that both empower and nourish the individual, thereby supporting the full integration of the energy healing session.

Diane took her training in AIEH at Langara College in Vancouver, where she established a strong background in reading the body's physical energy structure, and in re-patterning the biofield in order to facilitate the release of trauma held by the body. In addition to her AIEH training, Diane is also a Certified Life Coach, and is able to incorporate elements from a variety of teaching frameworks within each session.

Always following the lead of the client, Diane's healing methods often include spiritual and traditional teachings from her ancestors and Creator to support each individual's journey towards physical, mental, emotional and spiritual wellness. Diane's unique ability to integrate ceremony, Spirit and traditional healing methods within sessions complements modern knowledge and the Advanced Integrative Energy Healing approach.