

Welcome to my Energy Practice

Rev. Tess Olson

I offer energy therapy sessions under the following credentials:

- ❖ Ordained Minister with Healing Angels Ministry
- ❖ EFT Advanced Practitioner
- ❖ Reiki Master Teacher

I am a member of the Alternative Therapy Association.



MERIDIAN TAPPING TECHNIQUES

Meridian tapping involves stimulating acupressure points to help balance your body's energy system. These techniques are based on the ancient principles of acupuncture and are applied without needles. The basic premise of meridian tapping is that all negative emotions are caused by a disruption in the body's energy system. Tapping can be helpful in addressing physical pain and disease, anxiety, phobias, addictions, insomnia, depression, motivation, weight loss, self-esteem, and many other issues. Individual, group, and phone sessions are available. I have studied various tapping techniques, with a special emphasis on Emotional Freedom Techniques.

PSYCHOLOGICAL KINESIOLOGY

Psych-K™ is a unique set of Balances (i.e., simple body postures) that help you communicate with your subconscious in order to change old negative sabotaging beliefs into positive supportive ones. It utilizes techniques from acupressure, meridian therapy, applied kinesiology, and hypnotherapy. It can help reduce stress, increase motivation, enhance self-esteem, decrease pain, alleviate emotional distress, and much more.

REIKI and REIKI DRUMMING™

Reiki (ray-key) is a hands-on energy healing technique that promotes health, relaxation, and well being. 'Rei' means universal and 'Ki' means life force energy. This ancient Japanese healing technique is a natural and holistic alternative therapy that brings together the physical, mental, emotional, and spiritual aspects of a person.

Call for information on Level I, II, and III classes.

INTEGRATED ENERGY THERAPY

IET is a hands-on energy therapy technique developed by Stevan J. Thayer at the Center of Being. This technique uses a divine angelic energy ray to work directly with a person's 12-strand Spiritual DNA to assist in releasing limiting energy patterns while promoting balance and empowerment.

