

EQUILIBRIUM Energy + Education

850 S. Wabash Ave., Suite 300 Chicago, IL 60605
(312) 786-1882 www.equilibrium-e3.com

MENU OF SERVICES

*Please call (312) 786-1882 to make an appointment or purchase a Gift Card.
Cancellation Policy: Please call 24 hours prior to reschedule or cancel. Less than 24 hours' notice incurs a \$50 service charge. Thank you for your patronage!*

AKASHIC RECORDS CONSULTATION with Bernadette Doran

An Akashic Records consultation is a sacred invitation to shift perspective and explore life challenges as well as choices and opportunities from the viewpoint of the soul. Soul contracts, soul missions, relevant past lives, the deeper spiritual reasons for the people and situations in our lives, and more may be explored.

\$120 for 60 minutes

AURA-SOMA CONSULTATION with Suzanne Fraker

The Aura-Soma energy system consists of 105 bottles that contain a specific combination of color, gemstone, crystal and botanical energies. In an Aura-Soma consultation, the client chooses from this vast array just four bottles that appeal the most. This intuitive choice of colors presents a variety of energetic information, including attitude toward life, life goals, current problems affecting those goals, what life lessons have been learned so far, and implications for further development.

\$150 for 90 minutes

AURA THERAPY with Jane Albright

Chakra Therapist Jane Albright directly engages your aura (energy field), grounding cord, and all energy channels in this hands-on method to remove energy blocks and invite healing energy into all systems of the body: digestive, respiratory, endocrine, circulatory, reproductive and nervous systems. This therapy offers an opportunity to become more familiar with all of your aura layers as well as rejuvenate your body's energetic field at the cellular level. This session can also be added to the end of a chakra balancing session.

\$50 for 30 minutes.

BENGSTON METHOD with Jane Albright, Phil Florczak, Vernon Nicolas, and Bernadette Doran

The Bengston Method of Energy Healing is an innovative energy-based healing technique developed by William Bengston, Ph.D., that stimulates the immune system to support the natural healing of cancer, Alzheimers, cataracts and other eye disorders, gastrointestinal issues, eczema, asthma, allergies and more.

\$100 for 60 minutes, 4-session package for \$400

BIOFIELD ANALYSIS AND PERSONAL ENERGY PROFILE with Vernon Nicolas

Make the invisible visible! A psychoneuroimmunological overview of your energy field, revealing detailed information about the current state of your physical, mental and emotional well-being.

\$150 for first session (90 minutes), \$100 for 60 minutes

BODY-CENTERED SOUND THERAPY with Ignacio Centeno

Vibrations created through the use of singing bowls directly on the body quickly introduce deep meditative states and can reduce stress, tension and depression and improve mental clarity, calmness and sleep.

\$100 for 60 minutes

CHAKRA BALANCING with Jane Albright

Working chakra by chakra, Jane Albright brings to light issues you are facing, helping you break up old patterns, release stuck energy, create profound healing and activate a new energy flow in your life.

\$125 for 60 minutes

COLORPUNCTURE THERAPY with Suzanne Fraker

Combines energetic principles of Chinese medicine with modern discoveries about the biophysics of light. Unlike acupuncture, there are no needles involved and no puncturing of the skin. A noninvasive Aculight sensor stimulates acupuncture points to transmit light through the body's energy pathways. Just like acupuncture, Colorpuncture supports the body's healing process for any physical or emotional issue.

\$150 for initial session, \$100 for following 60 minute sessions

CRANIO-SACRAL THERAPY with Ignacio Centeno

CranioSacral therapy is a gentle, hands-on modality that evaluates, enhances, and gently releases restrictions in the body's craniosacral system. A soft touch, no greater than the weight of a nickel, is used at various points on the head and back to bring the individual's craniosacral system to a point of gently releasing restrictions, thus improving central nervous system function. CranioSacral therapy is beneficial for overall general wellbeing and stress management as well as headaches, chronic neck/back pain, teeth clenching/grinding related to TMJ, chronic fatigue, fibromyalgia, and PTSD.

\$100 for 60 minutes

HOLOGRAPHIC MEMORY RESOLUTION® with Bernadette Doran

Holographic Memory Resolution® (HMR) is a remarkable technique that can efficiently, painlessly and permanently resolve emotional blocks that may be preventing the full enjoyment of a healthy and fulfilling life. The process is profoundly empowering to clients, who often feel released from problems that may have been plaguing them for decades, and who start seeing the world and their life in a new and confident way. Highly recommended for adults who experienced physical, emotional, mental or sexual abuse in childhood.

\$175 for 90 minutes, \$125 for 60 minutes

HYPNOSIS with Peggy Boyer

Hypnosis is a deep relaxation therapy that gently directs our natural ability to move into a trance state to achieve a specific outcome. Highly recommended for pain management, personal performance, weight loss, phobias, smoking cessation, post-traumatic stress disorder, and anxiety.

\$125 for 60 minutes

KIWANI THERAPY with Ignacio Centeno

Like reflexology, Kiwani recognizes that feet are a microcosmic reflection of the state of our being. Kiwani combines foot bathing with energy therapy to help remove the physical, mental and emotional blocks that keep us paralyzed and literally prevent us from moving forward in life.

\$85 for 60 minutes

NEW PARADIGM with Vernon Nicolas and Lisa Ahkeahbo

New Paradigm is a transformational energy, assisting people to become free from fear, to step into their power, live increasingly from their true essence, and embrace the wholeness that love creates.

\$100 for 60 minutes

PRANIC HEALING® with Vernon Nicolas

Pranic Healing® is a highly evolved and tested system of energy medicine that uses *prana*, a Sanskrit word meaning "life force" or vital energy, to balance, harmonize and transform the body's energy processes.

\$100 for 60 minutes

REFLEXOLOGY with Nicole Wilson

Reflexology is an ancient, therapy based on the concept that the entire body is reflected as a system of reflexes on the feet. Gentle pressure applied to these areas can to bring about relaxation and balance in the body, and can support overall detoxification, stress reduction, pain relief, and improvement in general well-being. **\$100 for 60 minutes.**

REIKI ENERGY THERAPY with Phil Florczak

A deeply relaxing, revitalizing therapy that stimulates enhanced, integrated functioning of the body's natural healing systems. One hour of Reiki is so relaxing, it's equivalent to four hours of sleep. Highly recommended for stress management, pain, pre- and post-surgery, caregivers, chronic or acute illnesses, sleep disorders.

\$100 for 60 minutes

VIBRATIONAL THERAPY with Lisa Ahkeahbo

Based on the scientific principle that all matter vibrates to a precise frequency, and that by using various stimuli with resonant vibration, the balance of matter – including physical, mental and emotional well being – can be restored. Sessions are highly individualized, and modalities can include Reiki, New Paradigm, gemstone and crystal therapy, and sound therapies, including Tibetan singing bowls and tuning forks.

\$120 for 60 minutes