SOULA

Energy Clearing

Creating sacred space & spiritual support for the birth portal.

You are a physical, mental, emotional & spiritual being. "Energy" is the language the more mysterious parts of us use to speak to and through the more tangible aspects, and vice-versa. Energy is both real, and ineffable. The science on energy is incredible, often baffling, and usually tells us more about what we don't know than what we do!

As energetic beings we are affected and imprinted by everything that happens around, to and inside us. We know our physical bodies literally "hold" the sensations and emotions of activities and events, our minds are profoundly plastic and programmeable, and "thoughts create things". Growing areas of research such as quantum physics and epigentics are proving that things previously considered fantasy, magic or science fiction are, in fact, actual facts. Ancestral trauma, spiritual lineages and evolutions of consciousness are all being found physically in the body...and energy work is the way we can witness, engage and heal them.

Pregnancy and postpartum can bring up strong feelings, past trauma, and shadow work that can benefit from some extra spiritual support. Facing fear, in particular, is a natural part of preparing for birth and parenting.

Energy clearing can help witness, process, release and/or embody past and present feelings and stories, even ones you are not aware of, so you feel more present, loved and supported in your life.

Space Clearing

Birth brings it's own strong, sacred energy. Prepare for and honour your upcoming homebirth with a ritual to energetically clear and bless your chosen birthspace.

Space clearing removes accumulated and stagnant energy such as old emotions, etheric debris, and other people's "stuff", and leaves the energy of your room, area or home fresh and harmonious, ready to support you in labour and welcome your baby to the world.

$180

GIFT CERTIFICATES AVAILABLE

EMAIL TO BOOK
jenna@soula.nz

Energy Clearing

An energy clearing is a gentle yet profound way to integrate and ground your energy and emotions, release what is ready to go, and leave you feeling clear, supported, centred and positive.

A clearing can offer support and insight particularly if you are feeling worried, anxious, fearful or unsure, but can also be great as a general energetic check-in. You may also receive messages from your spiritual guides.

Energy clearing can be done in person or remotely.

$110

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—BOTH INCLUDED IN BIRTH PACKAGE—