



Present this coupon and receive **10%** off any of the following services

▪ *Hypnosis* ▪ *Bio-Frequency Balancing* ▪ *Reiki* ▪
▪ *Bio-Detox Foot Bath* ▪

Offer expires 4/30/2017

Namaste',

With the times changing and advancing as they are, we now have a much stronger and clearer understanding about the value of assisting our body with it's inherent ability to heal itself. No longer is it necessary to rely solely on pharmaceuticals. Our "New Age" is the "Old Age" returning! At Lena Sheehan's Holistic Haven, modern technology is combined with age old methods that are tried and true and were used prior to the invention of chemical substitutes. They are the following:

Hypnosis: Did you know that hypnosis was used in operating rooms prior to anesthesia? Although Lena is well known for her mediumship abilities, few people realize that the very first service out of the collective of services she offers is Hypnosis! A certified hypnotherapist, she has not only published a book on hypnosis, but has trained and certified several psychiatrists and psychotherapists in Manhattan to incorporate it in their practices. She's such a strong believer in the benefits of hypnosis that she personally underwent several medical procedures with self-hypnosis replacing anesthesia. The mind is a powerful thing. Learning to harness those powers can assist you in improving your quality of life through understanding, health, and habits. Lena specializes in regression. She believes firmly that if you can understand the circumstances from your past (this life, or another) that are affecting your "now" you are better equipped to work with correcting what requires attention.

Bio-Frequency Balancing: This marvelous generator allows your body's energy flow to align, which in turn assists your body with it's own natural healing process. The beauty of it all is that it can be done in person or by remote with the provision of your DNA (in the form of a nail clipping).

Here is a testimony (8/31/2016) by a Delaware State resident who sent her DNA sample for a remote session: "*For the first time in six (6) months, I am pain free. Thank you!! For anyone interested: In March 2016 I fell and broke and dislocated my shoulder. I went from excruciating pain to a dull ache which would not go away. I couldn't sleep through the night and spent most nights in a recliner. All the doctors could offer me were prescription pain medications, which I did not want to take. So I put up with the dull ache and prayed the arm would heal soon. Lena started my Frequency Healing on a Sunday. By Tuesday morning I was pain free. The arm is still a little stiff and I will need to do my exercises to keep the mobility in the shoulder, but I do so with no pain! After the exercises I feel a little stiffness, that is all. And I believe my muscles are stronger than they were before the feedback? I would not hesitate to recommend this treatment.*" Pauline Walewicz

Lena's own personal testimony, "*After I gave birth to my daughter 33 years ago, I developed an allergy to seafood. Now, after using the bio-frequency generator, I was deemed no longer allergic to it by my allergist after he did a seafood challenge in his office and I enjoy fish, shrimp, clams, etc. Being able to throw away my "Epi-Pen" felt liberating!*"

Bio Detox Foot Bath: Reflexologists will tell you that the entire body is reflected through the feet. By immersing your feet into a soothing Bio-Detox Foot Bath for 30 minutes, not only is your body's energy flow more balanced, but toxins have the opportunity to be released from your lymphatic system. We are all more or less exposed to a wide range of toxins (from the air pollution, foot preservatives, chemicals in the water) which can be a burden to the body. Prevention is better than cure, as said, and the Bio Foot Bath definitely does a great job in that way. Holistic Haven is able to accommodate two (2) people at one time with a Bio-Detox Foot Bath. Why not bring a friend along and spend your 30 minute session catching up with each other?

Reiki: The manipulation of energy through Reiki healing has become fairly popular and wide spread around the world. As a Reiki Master, there are only four (4) people between Lena Sheehan and Grand Master Hawayo Takata. Because of this, Lena's training was kept pure to the method Mrs. Takata was instructed to bring to the USA. This is not the case with all reiki training being provided by masters with a more watered down and altered lineage [I.E. William Rand] and it DOES make a difference on how your body will respond and heal itself.

For more information or to make an appointment call 607-765-4232