

Awakened Harmony, LLC d/b/a Paws for Joy

Enhancing well-being for humans and animals through energy work.

Introduction

WELCOME TO AWAKENED HARMONY, LLC and PAWS FOR JOY!

I offer sessions of energy work to people and animals, and offer Reiki classes, with the intent to help others enhance their well-being, harmony, and enjoyment of life. The modalities of energy work I offer in sessions are Reiki, Healing Touch for Animals®, and Healing Touch. I am also an independent distributor of Young Living Essential Oils. These high quality therapeutic grade essential oils are a wonderful complement to the methods of energy work I offer to people and animals.

ABOUT REIKI, HEALING TOUCH FOR ANIMALS®, and HEALING TOUCH

Our personal energy anatomy is comprised of various energy systems which surround and permeate our physical bodies at various levels. The complementary modalities of energy work I offer may help to restore balance to the recipient's energy systems, supporting the recipient on the physical, emotional, mental, and spiritual levels. Energy work may help to promote the innate well-being and balance of mind, body, and spirit.

Reiki (pronounced "RAY-key") is a Japanese word which means "universal life force energy", the energy found in all things. Reiki and Healing Touch for Animals® are gentle methods of energy work which encourage relaxation and aid in stress reduction.

The ancient art of Reiki was rediscovered by Mikao Usui of Japan in the early 1920s, and was brought to the United States by Hawayo Takata in the late 1930s. Reiki is an oral tradition which is passed from Reiki Master to student.

Reiki is offered in a variety of settings including medical centers, hospices, spas or other facilities which offer healing arts modalities. Reiki training is also offered as an integrative and complementary technique through major medical schools such as Brown, Harvard, Tufts, and Yale.

Reiki and Healing Touch for Animals® can also support the gentle release of unwanted emotions and beliefs, and can help with behavior modification. For performance animals, energy work may support stress reduction during competition, encourage focus, and facilitate the process of working through training and performance challenges -- both for the animal and the handler.

During sessions, I may integrate Reiki, Healing Touch for Animals®, Healing Touch, therapeutic grade essential oils, and/or tuning forks for sound and vibrational benefits when appropriate, based on the client's preference and needs.

Please browse through this site to learn more about energy work, as well as the services and educational opportunities I offer as a Reiki Master Teacher.

I encourage you to "paws" for self-care, nurturing, and recharging for your well-being. Thank you for visiting the *Awakened Harmony, LLC* and *Paws for Joy* website.

In the media:

You can read Dawn's interview and case study of a performance dog with noise and thunderstorm anxiety. Click on the following link to the [AnimalMassageGuide.com](http://animalmassageguide.com/healing-touch-for-animals/) blog featuring *Healing Touch for Animals*: <http://animalmassageguide.com/healing-touch-for-animals/>

"Northland Woman Uses Energy to Find Balance in Troubled Animals", Fox 21 News KQDS-TV, *Animal Tales* segment, aired November 6, 2009. To hear the interview and see Dawn offer energy work to a horse, click on the link: <http://www.fox21online.com/animaltales/northland-woman-uses-energy-find-balance-troubled-animals>

"Paws for Joy" article in *Living North Magazine*, October 2009 issue. To read the article and interview with Dawn, click on the link (you may need to create or login to a free account): <http://www.duluthnewstribune.com/event/article/id/151255/>

Dr. Oz and Reiki: During a segment of his television program, Dr. Oz encouraged viewers to "Try Reiki" as his #1 doctor's order. He and his family are very familiar with Reiki -- his wife is a Reiki Master, and for decades Dr. Oz has invited alternative practitioners to complement patients' care in his medical practice. He refers to energy medicine as the medicine of the future, and thinks it "...may be ultimately the most important alternative medicine treatment of all." To view a *CNN International* segment about Dr. Oz and Reiki, click on the following link: <http://www.youtube.com/watch?v=HJ5eajLCzu0>.

In an interview entitled *"Reiki: Complementary Therapy"* on *ABC News' Healthy Life*, a Reiki practitioner gives a brief introduction to Reiki, and a father describes how Reiki has positively affected his son who has autism. Click the following link to view the segment: <http://abcnews.go.com/Video/playerIndex?id=4766794>

Contact Dawn with questions or to schedule sessions:

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Young Living Essential Oils Member #1075105

Although I'm located in the Duluth, Minnesota area,
distant sessions are available for both people and animals.

"We must be the change we wish to see in the world."
~ Mahatma Gandhi

I do not diagnose, prescribe, or treat specific health conditions.
The services offered through *Awakened Harmony, LLC* and *Paws for Joy* are not
a substitute for traditional medical or veterinary health care, diagnosis, or treatment.
Consult with a licensed medical or veterinary professional for care as needed.

Inspirational Nature Photography of

Radiant Spirit Gallery

Images and reflections echoing the wilderness

If you enjoy the photographs on this website and would like to see many incredible
images which honor and convey the energies and essence of Nature, please visit
www.RadiantSpiritGallery.com.

My husband, Gary Fiedler, and I are outdoor photographers and share a deep
reverence toward Nature. Our images inspire mindful appreciation for the outdoors
and wilderness, and encourage nourishment of humans' innate interconnectedness with
Nature. Please refuel your spirit with a visit.