

*Awakened
Harmony, LLC
and
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.

ABOUT REIKI and HEALING TOUCH FOR ANIMALS®

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. Reiki may help to support us on physical, emotional, mental, and spiritual levels. Energy work may help to promote the innate well-being and balance of mind, body, and spirit.

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®, therapeutic grade essential oils, and/or tuning forks for sound and vibrational benefits when appropriate, based on the client's preference.

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

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.

Contact Dawn with questions or to schedule sessions:

(218) 340-1901

Dawn@AwakenedHarmony.com

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.

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