

Elasa Tiernan CYT, Rev, OT/L

Craniosacral Therapist, Soul Coach, Reiki Master, Hypnotherapist, and Master Level Yoga Teacher, has been assisting many on their spiritual paths for over 15 years. She has been professionally training for over 11 years in ongoing alternative modalities, building her unique healing gifts that have assisted hundreds of people (and many pets) with illness and trauma recovery, connecting with Soul voice, child birth, fertility, life path realignment, clearing depression, past life and early childhood energetic blocks, space clearing, and more. Her unique work specializes on empowering others to receive their own Soul guidance through daily meditation and direct dialoging techniques, and to practice energetic balancing techniques on themselves daily to stay centered in multidimensional times. Elasa assists those who are ready to ascend and uplift to their full Soul potential through education of Yoga, Ascension Tools, Meditation, Energy Medicine, and communing with nature.

Elasa will now be seeing clients for Soul Sessions, and CranioSacral Therapy at Countryside Integrated Health.

For the Soul Session, Elasa, dialogues with the Soul, and/or guides, to assist with awakening, life path, and spiritual/mental/emotional/physical concerns. She uses a unique blend of energy medicine modalities, to clear and balance chakras, subtle bodies, energy pathways, and physical body systems, targeting any conscious or unconscious energetic blocks connected to trauma this life or past life. Sessions are followed up with notes of session for further practice of meditation and self energetic balancing procedures.

CranioSacral Therapy is a hands on modality that uses the skull bones and sacrum as handles, somatoemotional release technique, and myofascial release technique, to release tension patterns anywhere in the body from past traumas whether they physical, emotional, mental, or spiritual. One of the goals for CranioSacral Therapy is to enhance the function of the central nervous system. By complementing the body's natural healing processes, CranioSacral is increasingly used as a preventive health measure for its ability to bolster resistance to disease, and is effective for a wide range of medical problems associated with pain and dysfunction.

Please contact her at Elasa1212@hotmail.com or www.SoulStarSource.com to schedule a session or get more information.