



## Lilian Lim

Intuitive Healer

### About Lilian

Lilian describes her spiritual journey as Pandora's Box. While it is unpredictable and never easy, however through this journey, she has learnt how to appreciate herself and experience how the Divine works through the loving support of her Divine Guides.

As she lovingly expands her consciousness of divine love and compassion, Lilian hopes to be a beam of light to others. Through meditation and her love for crystals, her beloved divine guides are assisting her in developing her beautiful healing gifts and abilities.

Lilian has undergone courses in healing modalities such as Sekhem (Living Light Energy), Power of Release and etc. She also incorporates light language, silent mantra, toning and use of crystals in her intuitive healing sessions. Her guides have always reminded her, and she holds this close to her heart, that "*it does not matter what we have, but rather if we are willing to serve.*"

Lilian provides the following therapies:

### INTUITIVE CRYSTAL MASSAGE



Crystals have been used through history for healing, personal reflection and meditation. Crystal work well with the human energy field as they can *move, absorb, direct and clear energy* within the body. When a person's body is unwell it is usually because the person has lost their balance or natural rhythm. Working with crystalline energy helps the body to find that *balance or natural rhythm* again. Crystals are one of the most wonderful tools that the

Universe has for mankind. Each crystal has its own unique personality and abilities. Lilian is constantly amazed by their abilities and has great respect for them.

During the healing session, Lilian is intuitively guided to massage areas of your body with either her hands or with crystals to release **any tension, pain or blocks physically or energetically and balance** the whole body. Coupled with light language, silent mantras & toning, the healing also promotes **self awareness on emotional and spiritual level**, assisting you on your journey to self discovery.

**Energy Exchange:** S\$20 for 30 mins (Introductory rate for **March 2010 –April 8, 2010**)

**S\$30 for 30 mins.**

Please call **81718810** to fix an appointment.

## POWER OF RELEASE



### INTRODUCTION

This Power of Release method was first introduced by Dr. E.E. and Ruth Lindwall as Lindwall Releasing. It has been introduced in over 40 countries and many people experienced extremely fast physical and emotional healing by using **this method**. ([www.lindwallreleasing.com](http://www.lindwallreleasing.com), [www.ireleasenow.com](http://www.ireleasenow.com))

It is a *most simple, effective and powerful* method to clear and heal any underlying painful emotions, fears, limitations and blocks that are breaking down your life and holding you back from the **TRUE** life you want to live. It will help you to create more **clarity, awareness, peace, joy, love for yourself and your relationships**.

### PROCESS

During the healing session, you (the client) will be asked to lie down or sit in your comfortable position. Lilian will help you to relax. In this relaxed state, your thoughts, emotions and memories that are related to the issue(S) via your inner self will surface. She will ask you to speak releasing or affirmation statements which will help to free you from **painful emotions, old patterns, heals any psychic wounds** and enables you to move on and make new choices in life that will be in alignment with your True Self. The process will be totally guided and supported by Divine Guides through her in an *unconditional loving and non-judgemental manner*.

The experiences during the process *vary* with each individual. After the healing, you will often be able to understand yourself more (*clarity, awareness and empowerment*) and be able to make peace with yourself and others through expressing and letting go of your deeply buried emotion using the releasing statements. Thus, **transformation** will occur.

Energy Exchange: S\$60 per 1 hour

Please call **81718810** to fix an appointment.