



# Vibrational-Therapies



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ARCH Master  
REIKI Master  
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For Consultation Call

**410-418-4468**

ARCH and REIKI are vibrational energy therapies that heal on the subconscious and conscious levels and on the physical, mental and emotional levels.

Disease begins on the Spiritual level and eventually manifests on the physical level

Release harmful stored emotions such as: fear, anger, guilt, resentment, envy, stress

Integrate balance, peace, tranquility and harmony into your life for:

**Radiant Good Health  
Satisfying Personal Relationships  
Achieving Life Path Goals  
Eliminate Harmful Addictions**

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"Years ago I was in a terrible automobile accident and my knees were seriously injured. I've had countless procedures and surgeries and still suffer constant pain and limited motion in both knees. The distance Reiki treatments you've sent have measurably reduced my pain. And the hands on treatments I received while visiting Maryland have increased my range of motion as well. I'm now doing things I haven't been able to do for years."

Peter.... London, England

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Vibrational Therapy treatments are not substitutes for traditional medical care.

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# *The Mind-Body Connection*

## The Origin of Dis-ease

Disease begins on the Spiritual level and eventually manifests on the physical level. The effects of negative emotions such as anger, fear, guilt, resentments, envy, feelings of unworthiness and putting oneself under constant stress, set the stage for a compromised state of health on all levels.

We bury our negative emotions deep inside until they become part of us. We become weighted down with trying to carry these burdens until the effects manifest on the physical level. Mostly we do this on the subconscious level. As every day goes by we become more heavily invested in our dis-ease. Without conscious awareness, we accept and accommodate the dis-ease state, and overlook the path of negative emotions that brought us there.

On some level, whether conscious or subconscious, there is a perceived payoff that motivates us to invest further - to hold the dis-ease close. In some case, inviting death rather than give up our grip on what makes us sick.

## The Energy System

The body has seven main energy centers known as chakras. These energy centers are intrinsic to our nature and their balance is essential to our well being. Most of our problems can be traced to an imbalance in one or more of these seven major energy centers.

This energy system supports our:

- Foundation and survival instincts - 1st Chakra
- Our vitality and emotions - 2nd Chakra
- Our will and control of our personal experience - 3rd Chakra
- Our ability to give and receive love - 4th Chakra
- Our creative expression - 5th Chakra
- Our soul awareness and personal vision - 6th Chakra
- Our connection with the Divine - 7th Chakra

When the chakras are balanced we feel loved and supported on all levels. We are creative, focused and self-assured - the able Captain of our own ship. Perfect physical health is a natural state of being when the chakras are balanced.

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# *Vibrational Therapies*

What they are...

ARCH and Reiki are vibrational energy therapies that heal on the conscious and subconscious levels and on the physical, mental and emotional levels. ARCH and Reiki are intelligent energies. During treatment the energy knows where to go and what quantity will restore a state of perfect balance and harmony. An attuned and certified practitioner channels the ARCH and Reiki energies during a hands-on healing session.

What they can do...

Vibrational therapies create balance in the individual Chakras with the eventual outcome being a fully balanced energy center in the body, capable of supporting us in a state of total ease.

When the energy centers are in perfect balance, the physical body hums with radiant good health. Life begins to flow easily with a sense of peace, harmony and joy. As we become more fully attuned to a natural inner sense of balance, positive energies such as creativity and intuition are allowed to grow. As we consciously begin to choose balance over stress, the physical health benefits are just the tip of the iceberg!

Choosing balance over stress allows us to leave behind our limiting negative, judgmental attitudes. As we embrace balance and harmony we are able to easily sense the golden opportunities that our life experience has to offer.

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# The Treatment Session

During a Vibrational-therapy treatment you may feel a range of physical and or emotional sensations from:

- Mild to intense heat
- A "buzzing" or Vibrational sensation
- Or nothing at all

You may feel a need to:

- Laugh out loud
- Cry, or
- Fall sound asleep

You may feel a weightless sensation of floating.

During treatment, as the Chakras come into balance, you may feel intense love and well-being, sense a release of negative emotions, a deep insight into the solution to a problem, or a burst of creativity. When our spiritual energy self is in balance we can allow the Universe to support our total existence as the natural order of things. We become open to receiving the bounty and abundance of the Universe as our birthright.

## ARCH Treatment

### Sitting Position

Balance the 7 energy centers to promote  
Health and well being on all levels.

Takes approximately one hour

\$65.00

## REIKI Treatment

### Lying Position

Balance the 7 energy centers to promote  
Health and well being on all levels.

Takes approximately one hour

\$65.00

ARCH and REIKI energies penetrate clothing, casts, bandages etc., so the removal of clothing is not necessary. NOTE: Vibrational therapy treatments are supportive, complementary therapies and are not intended to replace traditional medical care.

## Distance REIKI /ARCH Treatment

A Distance REIKI/ARCH treatment can be done when it is neither possible nor practical to do a "hands on" session. REIKI and ARCH are intelligent energies that can be transmitted through both time and space. Some occasions when a distance treatment would be considered are:

- When someone is in surgery or in a critical care situation
- While sitting for exams or board certifications
- During a limited access occasion such as a job interview or a court trial

- When a certified practitioner is not available in your area

Specified Target Treatment

Takes approximately 12 - 15 minutes

\$25

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## Benefits

ARCH and REIKI can restore and maintain balance when facing a life crisis or major challenge such as:

Moving to a new home

Changing jobs

Marital separation or divorce

Child leaving home for college or to get married

Surgery on self or loved one

Diagnosis of catastrophic disease

Retirement or loss of job

Death of loved one

Crossing over in peace

Death of a beloved pet

Determining and following your life path

Mid-life crisis

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# *Additional Services*

## Personal Coaching

A Personal Coach might be defined as someone who is totally in your corner - objectively able to help you solve a personal problem or help you through a life crisis. A Personal Coach is also someone who will help you reach your highest potential. Even helping you determine what your highest potential is.

### Strings attached...

Frequently we are surrounded by well meaning loved ones and friends whose encouragement and problem solving skills eventually turn to judgment and criticism, filling us with doubts, fears and an inability to move forward.

For a variety of reasons, family and friends often make the worst Personal Coaches. Their personal involvement always presents a strings attached source of advice. By reason of their relationship with you, they are invested in the outcome or decision you make. This means that their best advice to you is most often combined with their personal interest in the eventual outcome.

### Unbiased...

A Personal Coach is someone not invested in the outcome, who can help you look at a life issue in an unbiased way. This person can coach you so that you make your own informed decisions and reach your highest potential.

### Privacy...

Sometimes the issues we deal with are very personal. We may not be ready to share these issues with those close to us. Our personal coaching needs may concern ideas that need to be shaped and nurtured before being opened to the scrutiny of our personal circle. A Personal Coach has the distance and lack of involvement with the outcome to maintain objectivity and complete privacy at all times.

### Reaching the goal...

A Personal Coach will help you sort through all the issues and gain the information you need to create the perfect personal game plan. Once you've created the plan, your Personal Coach will provide the support and encouragement you need to help you reach your goal.

Fees for Personal Coaching are \$50 per hour. After initial consultation, a proposed Coaching Plan will be devised that will set forth the goals, time frame, follow-up meetings and overall investment estimate.

Consultations and follow-up meetings can take place in person or over the phone.

## Tarot Card Readings

The Tarot cards communicate what you need to know. The Tarot is a great tool for problem solving by accessing your Inner Guide or Higher Self. It's open perspective reveals the truth in subtle and sometimes not so subtle ways that allow you to think constructively about the question at hand and then make rational choices and decisions.

To be most informative and effective, Tarot reading is a joint venture between Reader and Seeker. An open dialog between the two helps the Reader to interpret just what the cards may be saying to you.

A written summary of your reading will allow you to meditate further on what deeper meanings the cards may have for you. The summary also provides a permanent record of information that you can refer to in retrospect to measure the success of the reading. (How you were able to use the information you gained in the reading to influence the eventual outcome.)

Full layout and interpretation  
Including personal coaching  
Takes approximately 60 - 75 minutes  
\$50.00

Energetic Home Cleansing  
(When moving to a different home, or after a catastrophic event  
has occurred in your present home)

Remove the harmful effects of stress, anger, resentment, guilt or violence that lingers in a home. Free your home from the karmic leftovers of past residents, experiences or the energy left behind when a death has occurred there.

### Home Blessing

Bring health, happiness, harmony, peace and prosperity into your home. Let your home become a comfortable haven of love and safety where all your dreams and aspirations will find the nurturing and support to blossom and grow.

Combination Home Cleansing and Blessing  
\$60.00

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# Testimonials

"I don't know how I would have gotten through my ordeal with breast cancer surgery and chemotherapy without the Reiki treatments you've given me. When I first met you on the day before my surgery I was filled with such fear and anxiety that I felt like I was going to jump out of my own skin. The Reiki made me feel calm and totally peaceful. The transformation was amazing. The additional treatments helped me maintain a positive attitude throughout my chemo treatments."

Dawn.... Laurel, MD

"Years ago I was in a terrible automobile accident and my knees were seriously injured. I've had countless procedures and surgeries and still suffer constant pain and limited motion in both knees. The distance Reiki treatments you've sent have measurably reduced my pain. And the hands on treatments I received while visiting Maryland have increased my range of motion as well. I'm now doing things I haven't been able to do for years."

Peter.... London, England

"During the treatment I felt like I was floating....in another world....I saw beautifully colored butterflies....what a lovely sense of peace and well-being"

Liz.... Ellicott City, MD

"I have miserable allergies. I felt my sinuses clear the minute your hands touched my head."

Rob.... Catonsville, MD

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## Links

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## Bio

Susan Rettaliata is a Practitioner of the Vibrational Healing Arts, certified to the master level in both REIKI and ARCH. Her introduction to hands on healing and the metaphysical began while living in California in the early 1970's when energetic healing was still considered "freaky".

Susan's skills in both energy work and personal coaching have been honed over her life time. Her position as first-born of four placed her in a coaching position at birth. Her work has also consistently put her in touch with helping people reach their goals. She has worked in a private psychiatric facility, worked as a physical therapy assistant and has spent the last 18 years as a Real Estate Broker,



helping Buyers and Sellers achieve win-win situations while making the largest investment most people ever make. Throughout her real estate career she has frequently trained and or mentored new agents. At one company she was well known for developing and teaching a popular seminar on Goal Setting.

Susan is also (importantly) the mother of a 25 year old daughter named Christina and a 23 year old son Joseph, who she says have provided her with countless opportunities to grow and develop her skills.

A diagnosis of breast cancer at the age of 50 began a journey of introspection that made Susan realize that she had yet to reach her own highest potential. While healing body as well as mind, she turned her coaching skills inward and began to shape a future that would utilize her skills and experience to the highest potential.

The heart of her life's work is energy healing and personal coaching. Her well rounded interests and skills also include Sailing, scuba diving, gardening and the Earth friendly practice of Wicca.

Susan lives very happily with her husband Tony and her son Joseph in a suburb of Baltimore. Her daughter Christina lives close by.

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