



***Hi, I'm Courtney, Integrated
Energy Therapist &
Spiritual Mentor***

My passion is teaching about radical self healing, manifestation, and empowering those committed to the journey back into their power.

At Glow Holistics I facilitate group events and meet ups to connect, inspire and empower people from every walk of life!

I also offer personal Integrated Energy Therapy® Sessions. This is a two hour appointment full of spiritual support, energy work, intuitive guidance and tools to help you access peace and power in all your challenging moments.



***Gently Release Physical Pain,
Trauma, Disease & Anxiety***

***Clarify Dynamics Of Your Human/
Spiritual Experience***

***Draw From Peace & Power
In All Moments***

***Create New Life Patterns & Align
With Soul Path & Soul Mates***

***Manifest Like A Vet! (It's A Science
And It's Simple!)***

Glow Holistics

***Integrated Energy Therapy in the
Alberni Valley & Beyond***



***Reunite with your body, intuitive gifts and
life purpose by integrating your suppressed
emotion, trauma and pain***

250-730-1236

www.glowholistics.ca



Email: glowholistics@gmail.com

Why Integrated Energy Therapy® (IET)?

Comforting, tranquil and surreal. Courtney offers sessions in-person, in groups and distance sessions.

Integrated Energy Therapy® (IET) is an energy healing modality that channels high frequency energy to the pressure points where emotions and beliefs are stored.

As energetic beings, we naturally hold low frequency energy within our systems. These energy patterns are responsible for challenging emotions, trauma, limiting habits, beliefs and pain held within our cellular memory. Integrated Energy Therapy helps you painlessly release these patterns.

It is a safe and gentle way to work on releasing past traumas without having to relive them (release the trauma without the drama, as it's said). IET is therefore particularly useful for addressing deeper emotional or mental issues that may be too difficult or painful to express. Sessions are extremely comforting tranquil and are often described as surreal. It is a beautiful opportunity to relax, release and reconnect with the lightest, most authentic version of you.

IET is equally well suited for vision work. IET helps you formulate your vision and release blockages that stand in the way of your ultimate fulfillment. It is perfect for creating new life patterns and paths, materializing dreams and supporting you in various phases and transitions of life. It benefits people of all ages.

The purpose of this work is to integrate the pain of your past in order to empower your future. It "gets the issues out of your tissues" and helps you step forward into your greatest life expression.



How Does Distance Healing Work?

Distance Energy Therapy is an extremely effective way of healing that is available to anyone, anywhere, at anytime. It is just as effective as in person sessions because the transfer of energy knows no physical bounds. In fact we are telepathically sending energy via our thoughts, feelings and words all the time, it's the reason why when you think of someone, they happen to call you a few minutes later; you didn't predict the call, you sent an energy transmission to them. We are THAT powerful! Distance Healing Session is just the same - it is an intentional transmission of high frequency/healing energy to the intended recipient.

Benefits of IET

- Transition through Major Life Change
- Enhance Self Awareness and Intuition
- Clarity about Soul Purpose and Life Direction
- Manifestation of Goals
- Resolve Stress, Depression and Limiting Beliefs
- Address Pain and Disease (great for speeding up recovery, colds, surgery, etc.)
- Remove Mental Blocks, Unlock Ideas, Inspiration and Creativity
- Heal Relationships (with yourself/inner child, loved ones, coworkers, etc.)
- Assistance through Life and Death Transitions



*Welcome to the Star House Cottage.
A warm, supportive space to let go of all that
holds you and welcome back all that you are.*

Client Testimonials

"It was like I was given an invitation to allow a greater expression of who I truly am. I feel like I'm now living life more fully, as a more authentic version of myself." JEN, 40

"Best goddamn therapy I've ever had. And I've spent thousands." GARY, 50

"This experience felt like being guided into a deep meditation without having to put in any effort. I came out with a feeling of joy and gratitude and clarity!" KATE, YOGA INSTRUCTOR

"Thank you so much for everything! I want to give you a review but it's hard to do it justice. It's seriously changing the trajectory of my life between the two sessions. JENN, 40

Even if it sounds crazy to say, her energy transferred through time and space to reach me and I 100% recommend having a reiki session with her, remote or otherwise." DANA, ENTREPRENEUR

"What a surprise one treatment made! I came away feeling calmer, lighter, relaxed and experienced a renewed energy that had been missing for quite some months. An unexpected bonus was the lifting of significant chronic pain in my feet. I had a follow-up session 2 weeks later and in that intervening time, the foot pain had not returned and I've experienced little to no anxiety in situations that would typically be stress-inducing. Well-worth the investment!" - MARY, RETIRED COUNSELLOR