

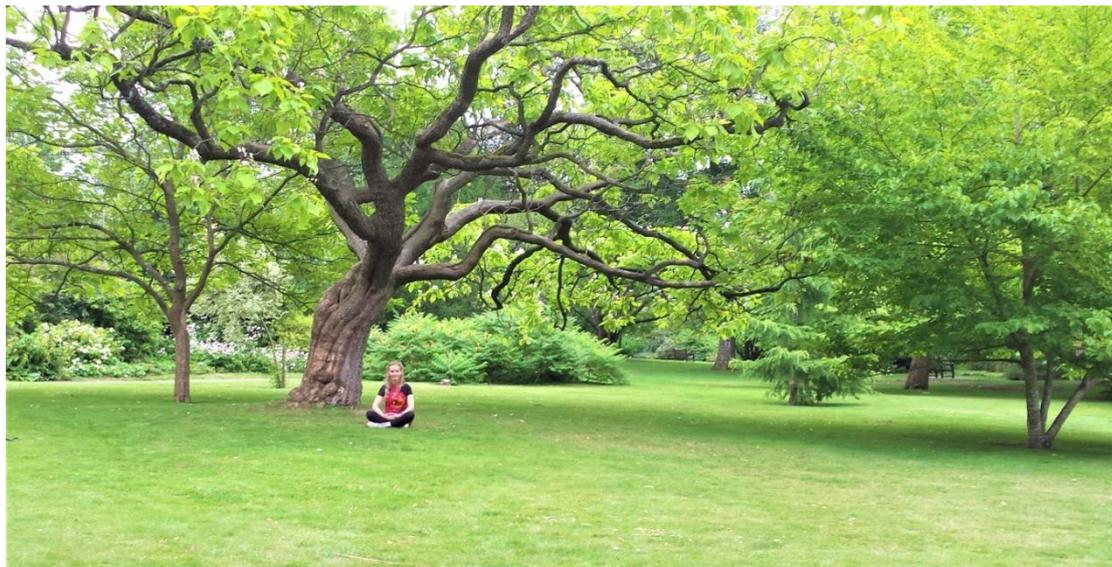
Temporary Counseling Offers during the Corona Virus /COVID 19“ Lockdown” measures

Together we can survive these difficult times. Make a difference, do something for someone else in need where you can. Offer shopping for those that have to remain indoors, walk the dog, contact people that are lonely and be a listening ear. Cast a little light on the lives of those in need and support everyone in healthcare and in essential jobs. Be creative.

Since a contact social restriction is the best we can do the only thing I can offer are limited to:

- Counseling by Phone
- Counseling by Email
- Counseling by Video Calling (GDPR proof program by www.Therapieland.nl)
- Guided meditations, Mindfulness exercises

All to keep a healthy distance!



What can I offer you? All that can keep you going and your inner soul growing. Support you in having an open mindset and release all (emotional) stress and negative thinking. Help you focus on your best qualities and inspire you to simply see this through the best you can. Please remember that a single mind can't find the answers to this type of a complex situation. Combined together our minds can work out the best innovations ever. Counseling can help you train your inner dragons and strengthen your unique personal qualities.

Distant Natural Health Therapy

- Personal guidance how to improve your blood circulation, breath work, stretching exercises for muscle tension in neck/shoulders/arms/ back/legs etc.
- Stress management/Emotional trauma release. A support to help you transform current (emotional) challenges or difficult personal situations into a more balanced situation
- Reflexology: personal instructions for reflexology points on foot/hand/head

Spiritual counseling / Coaching /Mindfulness

- Spiritual reading/channeling, distant healing, reconnect you with your soul's blueprint etc
Reading – deeper insight in your current situation, having the overall view
- Mindfulness: Guided meditation assists you to feel your inner calm. Especially fine to overcome periods of emotional stress, enhances your sleep quality, assists you to let go of all that doesn't serve your highest good.

What's the price?

Extra time is spent by me as a volunteer for those in need. Please support me by paying the normal rates for counseling when you need me.

With love and hope to see you again soon, ♥ Elisabeth van Rijn