



Sheree Asdot BIO & Services

Womb Awareness Guide, Sheree Asdot is a Reiki Master Teacher and a Certified Hypnotist. She has studied energy medicine for over 20 years. As an oracle for the Sacred Feminine and teacher of Goddess Spirituality, her unique blend of energy medicine focuses on divine mothering and channeling the energy of the sacred feminine for deep, heart centered healing.

Sheree is:

- ☞ A Reiki Master Teacher in the Usui Shiki Ryoho tradition, available for training all levels of Reiki as well as private sessions
- ☞ Certified Hypnotist with the National Guild of Hypnotists
- ☞ Certified Angel Messenger through Karen Paolino's Angel Messenger Certification program
- ☞ Graduate of Infinite Possibilities: The Art of Changing Your Life with Andy Grant
- ☞ Munay-Ki Mentor and Teacher
- ☞ A Level One Integrated Energy Therapy Practitioner.

Sheree is passionate about re-awakening the Divine Feminine, to embodying and living Her truth as a woman, a Goddess, and helping other women to do the same. The intention of her offerings is providing a safe and sacred space where we can tell our stories to transform ourselves and transcend them so we can change the world by living our spiritual and earthly potential.

Learn more about Sheree on her website at RhiannonRising.com

Services Offered:

Traditional Usui Reiki Healing Session

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy. Reiki treats the whole person including body, emotions, mind and spirit creating many beneficial effects that include relaxation and feelings of peace, security and wellbeing. Many have reported miraculous results. Sessions are done with you fully clothed on a massage table or a chair if preferred. **30 minutes ~ \$50** **One hour ~ \$80**

Private Energetic Womb Clearing Sessions

These sessions have taken on a life of their own. What started as regular Reiki Healing Sessions has morphed into a multi dimensional transformative healing experience co-created between the client, Sheree and the Divine Mothers. New levels of healing & energetic techniques are being gifted to Sheree in each session. Each session is unique to the individual.

90 minutes to 2 hours - \$111

Womb Healing may help:

Infertility

Toxic behavioral patterns/ancestral wounding

Creative blocks

Healing relationship with the feminine

Past trauma (from birth, miscarriage, sexual assault)

Feelings of unworthiness

Low sexual desire

....and so much more....

Disconnection from Intuition

Goddess Blessing: Divine Mothering Sessions

An energy medicine healing session channeling the energy of the Divine Mother to facilitate deep heart centered healing, relaxation and messages for your divine unfolding. Allow yourself to be cradled in Her embrace, Her lap and Her womb as you let go and allow healing of core feminine wounds and insecurities.

One to one and half hours - \$88

Awakening Woman Intuitive Counseling Sessions

Working together we will help you reveal your Soul's story and formulate an action plan of positive steps to help you to remove the limiting beliefs and thought processes that are holding you back from self love and embracing your true Goddess Self. These sessions will be unique to the individual and will include an intuitive combination of energy medicine, sound, guided meditation, oracle cards and nurturing healing love based on your Soul's personal needs,

One Hour: \$66

SPECIAL: Divine Feminine Life Path Reading:

Awakening women to new awareness. Each journey unfolding uniquely, a story within a story. Awakening to the personal divine feminine presence within – Revealing Her – Learning Her language and embracing Her.

30 minutes - \$44

HYPNOSIS

Hypnosis is a guided, temporary relaxation of the conscious mind; allowing positive and beneficial ideas to become accepted by the inner/subconscious mind. Hypnosis can help your conscious and subconscious mind be in agreement. Have you ever decided to do something, but then not followed through with it (such as an exercise program or a diet)? When part of you wants to do something, but another part of you objects, you are not fully in sync with yourself. Hypnosis is a way to get those parts of you on the same page.

Initial consult and session

(90 minutes): \$100

Follow up sessions:

(60 minutes): \$80

Hypnosis can assist with the following.....

Anxiety

Stress Reduction

Weight Loss

Smoking Cessation

Release Emotional Blocks

Personal Transformation

Align with Your Higher Self

Reprogramming Outdated Beliefs

Pain Management

Prepare for surgery

Overcome fears and phobias

Deepen Creativity

..... and so much more!