



#### A Personal Note

*I believe everyone is on a spiritual journey disguised as everyday life. I had already been a shaman-based therapist for many years when I began to explore flower essences personally. The essences helped me as I was delving deeply into intuitive work. They were very stabilizing to my core as I moved through rapid change. I felt so strongly about their benefits, I started to integrate essences into sessions with clients. I am grateful that the inclusion of essences has allowed me to be a more effective catalyst as I work in a midwife role to assist the emergence and integration of transformation with my clients.*



Bobbi Courtney is the founder of *Essence of Life Therapy* and the creator of *Aura Infusions*. She is a holistic psychotherapist and certified flower essence and gem elixirs practitioner.

Bobbi brings a rich background of knowledge in holistic therapy, somatic psychology, shamanic deep imagery (through the Institute for Visualization Research), and is certified in Integrative Aquatic Body Psychotherapy, given in Wienacht, Switzerland through the Center for Somatic Psychology. Other aquatic modalities she is proficient in include Watsu, Waterdance, and her own modality, Wave M'ocean, which is featured in her book, *Nalu - The Art and Science of Aquatic Fitness, Bodywork and Therapy*. Bobbi is a licensed psychotherapist with a masters degree in Social Work from Smith College, a certified Reiki master, and she has extensive training in Continuum Movement, Somatic Experiencing, and Sensation and Em'ocean.

# Essence of Life and Aura Infusions

**Bobbi Courtney, MSW**

*Holistic Psychotherapist, Certified Flower and Gem Essence Therapist*



*Recognize your true essence  
and be elevated to your  
fullest potential*



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# *Essence of Life Therapy and Aura Infusions*

*Bobbi Courtney is a catalyst to help you embrace your greatest potential and happiness!*

## **Dynamic Life Changing Therapy**

Sessions organically unfold to help you cultivate your skills, resources and confidence to transform areas of concern in your life. Together, we will explore how you can work with your intentions, release obstructive belief patterning and support your co-creative process. You will experience powerful insights as you discover and learn to trust your natural intuitive language.



The essences that are used during and between sessions are vibrational plant and gem extracts that bring their natural dynamic energy directly into your bio-emotional system to create greater resilience and well being. They are also very helpful in shoring up energetic boundaries, repairing the effects of trauma and shock, and assisting you to stay grounded while moving through change. During sessions infusions may be used to facilitate shamanic-based imagery. Custom flower and gem essence infusions are provided to protect, balance, nurture, calm and support the positive changes you are making between the sessions.

## **Enjoy A Fuller, Happier & More Abundant Life**

**Shamanic-based sessions empower you to:**

- ② Use essence infusions and shamanic journeying to activate higher level perceptions.
- ② Cultivate your intuitive abilities and learn co-creative manifesting.
- ② Liberate from fear, lack and limitation; awaken heart-based knowing and synchronistic flow.
- ② Feel more supported and emotionally safe; Let worthiness and clarity guide you.
- ② Understand how your emotions, challenges and pain ARE your spiritual resources.
- ② Deepen your self-awareness and confidence to find answers regarding relationships, changes, moving through grief, beyond losses & trauma, and accelerating your personal growth.
- ② Learn how you can bring power to your choices



## **Aquatic Integrative Somatic Therapy**

Authentic movement and safety are integral to your survival and well being. During an aquatic Integrative somatic session you will be continuously



supported as you unwind long held emotional imprints that were held in the body. As you release, there is an opening to the flow of renewal, liberation and the true potency found deep within. Often there is a sense of rebirth as sounds are muffled and time stops. Movement and gravity become a slow motion dance of submergence and emergence, waves, opening stretches, twists, inversion and quiet stillness. The deeply relaxing effects of warm water and nurturing support allow you to relax and move and experience your true spirit in ways that would otherwise be impossible. It is a deep and miraculous gift of healing.



**Aura Infusions™** are aromatic sprays formulated with pure plant, gem and botanical oil extracts, that saturate the energy field. Each aura infusion is carefully harmonized to bring specific qualities and assistance to you. Visit [www.aurainfusions.com](http://www.aurainfusions.com) to learn more and buy the infusions that speak to you! Change your state of mind and change your life!