

Self-Healing from Anxiety & Depression

– Mas Sajady

Anxiety and depression affect many of us at some level, and can impact our ability to fully experience all that life has to offer us.

Anxiety's hold can range from intrusive thoughts of what may lie ahead, to exhausting hyper-vigilance of surroundings and interactions, to crippling and paralyzing fear that blocks opportunities and life experiences.

Depression wears many faces and impacts our vibrancy and vitality.

Join Mas Sajady, energy-healing pioneer, for 2 powerful Medihealings® in which he will work at the core frequency level to help center and align us, so that we may begin to:

- Release the embedded fears that lie behind anxiety & depression
- Learn to operate with internal strength & stability regardless of outward circumstances
- Be restored to the vibrancy & vitality that is our natural state.

Please note: Mas Sajady is not a doctor, so please consult a health professional before modifying any medical treatment.