



Terri Wathen
Owner and Practitioner

I am a native Oklahoman and the heart behind The Healing Heart. I was born and raised in Southwest Oklahoma, the perfect blend of hippie chick and farmers daughter. I grew up running around barefoot in the back pastures with the wind in my hair, surrounded by nature and observing the seasons of life and learning from the natural rhythm of the world.

I am passionate about providing an individualized approach to wellness and am dedicated to helping my clients move through a wide range of physical, emotional and spiritual transitions in the most efficient and transformative way possible. My services are specifically tailored to the needs of each client to make sure they receive the services that will be most beneficial for their individual needs.

I look forward to helping you learn how to bring peace and balance back into your life with complementary therapies!



www.thehealingheart.us.com

Book your free discovery session today!
580-649-7547

THE HEALING HEART ENERGY WORKS LLC



*Restoring the mind,
body, and spirit!*



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Book your free discovery session today!



The Healing Heart Energy Works LLC

Holistic Wellness Services

*Learn how to bring peace
and balance back into
your life with
complementary therapies.*

What are complementary therapies?

The complementary therapies offered by The Healing Heart are intended to aid in restoring, balancing and facilitating the bodies natural healing responses. I believe in taking a holistic approach to wellness, and work to provide each client with individualized services that are tailored to their unique needs, lifestyles, and goals.

Complementary therapies are intended to be used alongside conventional medicines or treatments. If you are under a physicians care, it is important to consult with them about your plans to include complementary therapies into your life to determine if these therapies can be a beneficial part of your overall wellness plan.

How did the Healing Heart Energy Works come to be?

This business was born from a love of helping others see their potential and working with them to develop plans to realize their dreams. Seeing people succeed brings me immense joy!

This business model is designed around experiences gained from both my personal and professional life as I've learned to find peace, balance and purpose throughout life's unexpected transitions. These transitions and challenges led me to the complementary therapies and holistic tools that I now teach and work with.

Holistic Wellness Services

All services are offered either in-person or via zoom.

Please book a free discovery session to explore what modalities may be most beneficial for you and we can discuss the process of developing a plan that will provide you improved quality of life, and the peace and balance you have been longing for.

Book your free discovery session today!

ALL SERVICES ARE BY APPOINTMENT ONLY

Discovery Sessions

A discovery session is an informal, comfortable, no obligation conversation between a potential client and a service provider. Discovery sessions are used as a means for both parties to ascertain the needs of the client, along with the issues/problems they're currently facing, their desired end result and whether they're actually ready to work to achieve that desired end result. The session gives both parties a chance to find out about each other, determine whether they can work together and if the business owner actually has the right solution available for that potential client.

You'll also be able to clarify the kind of work and business relationship you're after and often, once you're talking to a person, you will get an overall 'feel' or 'vibe' about them.

Usui Ryoho Reiki Master Holy Fire® III, Reiki I & II

Reiki is a form of complementary therapy commonly referred to as energy healing. Reiki is a Japanese method of stress relief that promotes deep relaxation. This deep state of relaxation helps to activate each individual's natural healing processes, as well as assists with restoring states of physical and emotional well-being.

- Traditional Reiki
- Crystals Reiki
- Animal Reiki



Aromatherapy

Aromatherapy is a holistic healing treatment that uses natural plant extracts to promote health and well-being. Aromatherapy uses aromatic essential oils medicinally to improve the health of the body, mind and spirit.

Meditation & Mindfulness

Let me help you begin a meditation practice that fits your lifestyle and goals. Together we can explore different types of meditation techniques and develop a practice with will help you build a sense of calm centeredness in your life.

- Zen Meditation
- Metta Meditation
- Vipassana Meditation
- Incantation Meditation
- Transformational Meditation



Restorative & Vinyasa Yoga

Yoga is known for its benefits to both mental and physical health. Yoga has the ability to soothe tension and anxiety in the mind and body, and increase mindfulness.

- Vinyasa Yoga is an active flowing yoga where the sequencing is aligned with the breath. Each movement is done in time with the inhalation and exhalation of the breath, dictating the pace and rhythm of the flow.
- Restorative Yoga is a slower style of yoga, there is no flow, rapid movements or standing poses. Restorative Yoga is often practiced with props to provide support so that you can fully relax into the pose and release all tension held in the body.

Coaching

Coaching is all about empowering my clients to discover their best self in both life and work by identifying goals, and developing individualized plans based on strengths and weaknesses. Together we will work to find the path to overcoming the obstacles that have been holding you back from achieving you dreams.

"Make the most of yourself, for that is all there is of you."

- Ralph Waldo Emerson