

Healing

lifestyles & spas

Featuring: Raindance Spa at the Lodge of Sonoma

GEMSTONE JOURNEY OF THE HEART



at Raindance Spa at the Lodge of Sonoma

“Healing heartache means dealing with mind, body, and spirit,” says Janna Raye, B.A., and master of intuition medicine of StrateGems. “Our culture tells us our body is our mind, but really our mind is our body.” She created the Gemstone Journey of the Heart for **Raindance Spa at the Lodge of Sonoma** in California, to enable us to heal ourselves with energy, guided visualization, and the vibrations of gemstones.

“This experience is based on the idea that all aspects of our wholeness contribute to wellness,” says Raye. “It can help heal our hearts from past disappointments and grievances, lost love, grief—things we can’t let go of that affect our physical health.”

After an energy clearing and grounding, she calls on the “Buddha-Christ force” to direct energy. As you lie on a massage table, she guides you through imaginary rooms that represent physical, emotional, spiritual, mental, and astral aspects. For each room, different pairs of gemstones are laid along your chakra points. With imagination and guided imagery, you redecorate each room, sweeping away outdated, painful reactions. “Creative visualization can facilitate a new home of peace and well-being, and reeducate us to be responsive, rather than reactive,” says Raye. For more information call (707) 935-6600 or visit www.raindancespa.com, www.lodgeatsonoma.com

—Judith Lazarus

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