

## HEALING CREDENTIALS

Rhys is an Energy Medicine Practitioner, Ordained Minister, second degree black belt, a graduate and former faculty member of the Institute of Healing Arts and Sciences. Rhys is the founder of the Rhys Thomas Healer Training Programs at The Center at Westwoods in Westwood, MA. He has been using crystal bowls as a healing medium for nine years. "The crystal bowl vibrations, combined with the energy work, create a wonderful sense of presence and well being" says Rhys, "Once experienced, this peaceful presence can become a baseline for all life activities." Rhys utilizes many modalities to bring body, mind and spirit together to increase wellness.



The philosophy of his work is that each person is capable of doing their own healing. Crystal bowl sessions simply support the client by balancing the energy system and removing blocks that impede the natural process of healing.

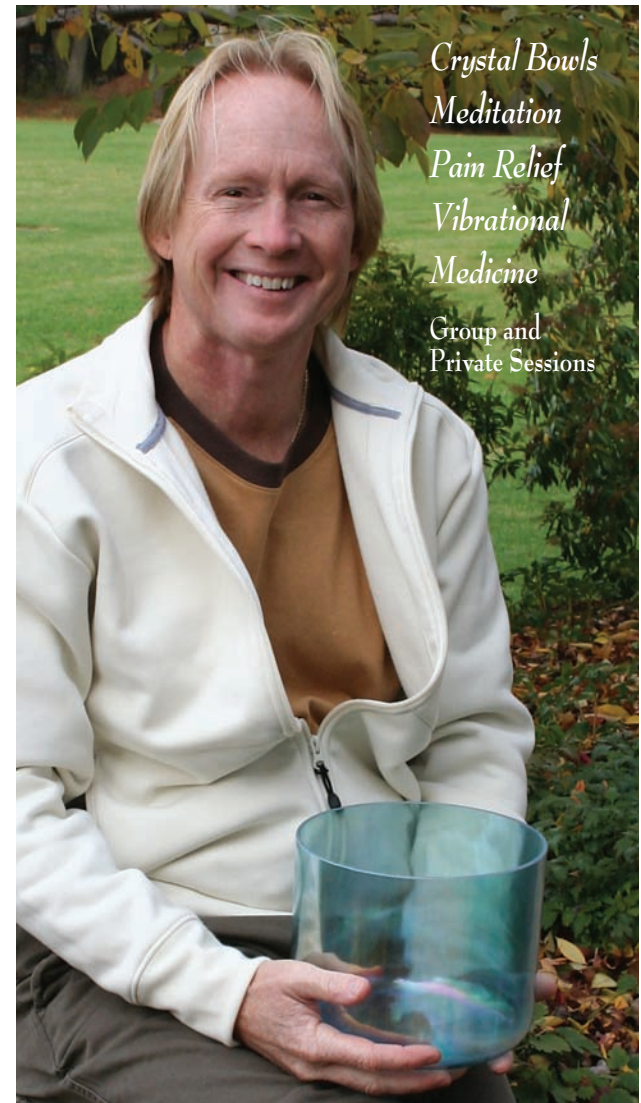
Rhys is not a physician. He does not diagnose illness on a physical level or prescribe medications. He discusses the major stresses in the client's life, belief systems, health history, childhood, and other issues which may have influence on the emotional and physical wellbeing. As in most healing modalities, it is rare that one treatment or workshop cure one's ailments.

Crystal bowl sessions can make profound change in peoples lives when they are ready. There are no promises of miracle cures for any condition. The majority of people Rhys works with have experienced change in their condition and their lives as well as an increased sense of well being.



**Rhys Thomas Healing**  
42 Colonial Road  
Medfield, MA 02052

**A**N EVENING WITH RHYS AND HIS BOWLS IS A WONDERFUL WAY TO BEGIN YOUR HEALING JOURNEY. THESE BOWLS SPEAK THEIR VIBRATIONAL TRUTH AND CAN SET YOU FREE FROM ACCUMULATED STRESS AND PAIN AND OFFER DEEP RELAXATION AS WELL. RHYS IS GIFTED IN THE ABILITY TO EXPRESS VERBALLY WHAT THE BOWLS ARE SAYING— A DELIGHTFUL, INSPIRATIONAL EXPERIENCE. DO NOT MISS THIS! — **MARIAN HOOVER** —



*Crystal Bowls  
Meditation  
Pain Relief  
Vibrational  
Medicine  
Group and  
Private Sessions*

*Rhys Thomas*  
**Healing**  
Crystal Bowls

[rhystomashealing.com](http://rhystomashealing.com)



## RHYS THOMAS AND THE CRYSTAL BOWLS

Rhys Thomas has been using crystal bowls in his healing practice and workshops for 9 years. In a session, he will play the bowls and help each person reach a deep meditative state and begin to feel where the energy of the bowls is blocked and where it flows.



*Rhys Thomas*

### SOUL & BODY ENERGY READINGS

After experiencing the wonderful vibration of the crystal bowls, Rhys will help enhance the experience for each person by giving a short Soul & Body Energy Reading that relates the

sensations to their core gifts. Energetic blocks and imbalances tend to melt away as awareness and vibrancy is re-established in the system. Healing is often accomplished from the inside out.

**T**HE EFFECTS OF THIS WORKSHOP HAVE STAYED WITH ME. I HIGHLY RECOMMEND THIS JOURNEY TO ANYONE SEEKING INCREASED SELF-AWARENESS, BALANCE, PERSONAL HEALING, PEACE, LOVE AND JOY.

— ROBIN COTE ALLEN—

## Private and Group Energy Medicine Session Information with Rhys Thomas

### A session includes the following, as needed:

- Discussion of session focus for connection
- Bioenergetic and Yoga type exercises to open the body
- Table work to support you energetically
- Crystal bowls healing work
- Developing self love and empowerment
- Developing a greater capacity for intimacy
- Energetic couples and relationship work
- Shadow work to free up vital life force
- A short period of integration time at the end of each healing

### Table work can include one or more of the following:

- Energetic Balancing of chakras
- Chakra reconstruction and support
- Past life healing
- Emotional and hormonal balancing
- Spinal support and strengthening
- Life purpose alignment
- Soul reading
- Detoxification
- Addiction release
- Stress and adrenal release
- Chronic and acute illness support

### Discussion can include:

- Life coaching to embody your spiritual and life gifts daily
- Looking at patterns of defense that block your happiness
- Looking at patterns in your relationships
- Support you in your personal process

**Private Crystal Bowl Session:** \$85/hr \$110/hr and a half

### Group Crystal Bowl Session:

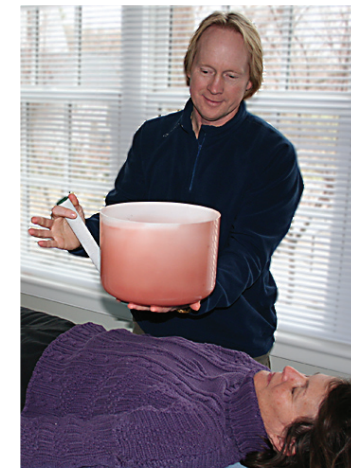
- Group size: 2 –15 \$350
- Group size: 15 –50 \$35/person

**V**IBRATIONAL MEDICINE, also called Energy Medicine, is based on the scientific principles that all matter, and most importantly, the cells in your body, vibrate to a precise frequency when healthy and in a dissonant frequency when in dis-ease.

By using clear resonant vibration, balance of cells and body tissue can be restored. The use of tuned, deep vibration instruments like crystal bowls during meditation and healing can balance these

dissonant frequencies. A sense of wellbeing, an increase in energy, and relief of pain and tension often result during a session.

Guided meditation and vocally toning with the crystal bowls allows your body to relax deeply and clear chronic patterns of vibrational imbalance both physically, emotionally and mentally.



*Rhys uses crystal bowls in his healing practice to help the client feel and release energetic blocks and open to a deep sense of well-being.*