

Long Distance Sessions Available

You may choose to have an 'in person' session or a long distance session. Both are equally powerful. With a long distance session, we agree on a time when you can be lying down comfortably for an hour. At that time I perform your session. Many have chosen to use this method at bedtime and then drift off into sleep afterwards.

Why Are at Least Three Sessions Recommended?

In the **first session** your mind will want to follow what is going on and what the practitioner is doing. So most people don't switch off and relax deeply. It also takes time to trust and let go.

During the **second session** you know what to expect and you feel much more relaxed, safe and comfortable. The mind lets go of control more so that deeper issues can be looked at and dealt with by you and the loving help of Divine energy. This brings the healing to a new level.

In the **third session** every part of your being is filled with love and light as you are now ready to let go of the issue or disease. The third session also goes in and **removes the root cause** of everything that was worked on in all three sessions so none of that ever returns.

“The Masters have said that if humanity catches on to the Rising Star, we will have world peace within a few short years.”

Three sessions are recommended.

Since Rising Star is for everyone's personal and spiritual advancement you may wish to continue with sets of three sessions. **Most people integrate this healing system into their personal wellness program on a regular basis.**

Some Benefits:

Each Rising Star session is completely unique and personalized for you.

Rising Star works on all 7 body systems.

A Rising Star session restructures your energy circuits for holding a higher frequency.

Brings together any misqualified or negative energy from the 7 chakras and 7 body systems and transforms those experiences into love, into understanding, into who you really are.

Promotes **Unity Consciousness**, the understanding that we are connected to all of creation.

On the spiritual level, Rising Star can activate DNA up to the 40th strand. With each session as much DNA as you are ready to have activated is activated. Bringing forth access to your **spiritual gifts.**

Allows you to clear on all levels.

Is the start of the **journey to the heart.**

Allows you to open to your true self.

Rising Star has been given to us to help us **reach enlightenment.**

Rising Star Healing System

This ancient healing system stills the mind and transfers Divine Life Energy- helping you to heal and rebalance.



Joan Donovan Rising Star Practitioner

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Brochure page

Comments from others:

"As soon as my session began I felt this most loving, gentle energy flow through me like being embraced and immersed in a soft soothing pink energy. I loved my session I was so relaxed I fell asleep for part of it! After my 21 days, I was much clearer, my body felt stronger and because I felt better I started a routine of gentle Qi Gong exercises! I love the Rising Star energy!" **M. B., Iowa**

"I just called to say I am amazed at the Rising Star technique. At the start of my session I had asked for help with my shoulder and I have not had any discomfort at all since my session and I have had upper back discomfort for quite awhile. I am simply amazed. Absolutely wonderful. Also the soles of my feet don't hurt anymore when I walk! Thank you! I am a firm believer and actually excited about it all! When can I take the class to become a practitioner myself?" **Angie, Iowa**

"That was the most amazing energy I have ever felt!" **Kim, South Dakota**
commenting on her long distance session.

Welcome to the Rising Star Healing System

The Rising Star Healing System is the purest love and light the planet has ever experienced.

Rising Star Healings raise the vibration of the aura (human energy field) and the field around every living thing, creating a higher state of health, well-being & feeling good!

The Rising Star Healing System allows the practitioner and the receiver to still the mind and transfer **divine life energy** to the part of your being that needs it the most for your healing and rebalancing to full health.

Because of this and because it works on so many different levels at once, a person receiving Rising Star say for a bad back, may find that another illness also gets helped. This is because it works on all levels.

Body, Mind and Spirit

It is as if the healing energy knows precisely where it is needed most (sometimes not to the place that you think is best). It goes where it will do the most good for your overall well-being. You can find that the healing also has an effect on family and friends as when you change so do all around you. This is based on the fact that we are all connected and not separate.

The healing does not mean that you do not need to go for medical advice. After all if you cut off your finger, it's no good going to a healer, it is a surgeon that you need.

Also if you are on medication from a doctor you might need to continue taking it. This will be between you and your doctor.

The Rising Star Healing System brings your body, mind, and spirit back into balance and in doing so may reduce the amount of time on medication or the amount of times you need to visit the doctor.

This is now widely recognized that excessive stress, when reduced by healing, helps you into wellness. This helps you to get more out of life and in some cases **to live to the fullest**, not just survive.



The Rising Star was channeled by Derek O'Neil, a psychotherapist, healer and instrument of Divine energy from Ireland.

Thousands around the world have been trained and healed through the Rising Star System and have agreed that it is very effective and in some cases life changing.

The Rising Star is so simple and yet so powerful. You don't have to have faith, follow a specific religion, or believe in it for it to be effective. It merely takes your willingness to want to heal.

Rising Star Healing System

—is above the level of Master in the Reiki healing system. A pure Source to Source connection.

—not to replace Reiki or any other system but to take **the next step in healing** self to enhance your physical, mental, emotional & spiritual evolution.

Your Rising Star Session

“With the Rising Star session, the Higher Beings or Masters are actually the ones performing the session. They know exactly what you need on all levels, even more than you might know yourself.

With each session, the Masters bring you exactly what you need at that time. You will release as much old energy, blocked energy and unresolved issues as you can handle releasing at one time.

Each Rising Star session is completely unique and is able to go deeper than the session before.

With the Rising Star session, you will be lying face up, fully clothed, on the table. I will be working over your seven chakras or main energy centers but you may feel energy in all parts of your body. You may feel me gently blow into each chakra. With your eyes closed, you just lie comfortably, relax and allow your consciousness to drift off. I will wake you when it is time for you to come back to consciousness.



**Joan Donovan
Rising Star Practitioner**

Joan is a Master Teacher in Reiki, a certified Polarity Therapist, MariEL practitioner, Light & Energy Weaver, working the multi-dimensional strands of DNA. She is currently focusing her practice on the **Rising Star Healing System** because of the profound results she's experiencing with herself and her clients. Call her today to schedule your healing session. **319-929-5500**