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HOLISTIC PRACTITIONERS WITH HEART TO HOST A “FREE TRAUMA HEALING DAY” THIS NOVEMBER 4TH

Santa Ana, CA – Mee Vaj, Certified Hypnotherapist, and Elizabeth A. Weiner, Certified BodyTalk Practitioner, announced they will be hosting a Free Trauma Healing Day with the support of other holistic practitioners on Saturday, November 4th at the Huntington Beach Reiki Center in Santa Ana from 10AM until 4PM.

Designed to help everyone cope with the constricting, disturbing news and events of today, the Free Trauma Healing Day will include a free 30-minute one-on-one healing session with a professional holistic practitioner of each client’s choosing.

“Many people have been negatively affected directly or indirectly by the recent brush fires, mass shootings, hurricanes and earthquakes,” said Vaj, owner and founder of Empowered Mind Wellness LLC, who helps people heal from grief, traumas and abuse. “These traumatic events have serious mental and emotional effects on the people. My friends and I want to alleviate the pain and help with the healing process.”

The Free Trauma Healing Day, in addition to the 30-minute sessions, will also include group healing sessions that can be freely attended throughout the duration of the event. With the special day taking place at the Huntington Beach Reiki Center in Santa Ana from 10AM until 4PM on November 4th, Vaj is hoping the event will support and give back to the community by providing free-of-charge healing sessions to those in need.

Putting on the event is no easy task. So Vaj tapped into the Holistic Chamber of Commerce (where she is a member) and the holistic community for support, where many practitioners stepped up to volunteer their time and services. Working tirelessly alongside her is Elizabeth A. Weiner, accountant turned BodyTalk Practitioner, who helps release traumas in both people and pets.

“I am happy that this kind of event is taking place and providing such needed and wonderful services to the community,” said Daniel Gutierrez, President of the Holistic Chamber of Commerce Long Beach.

Mee Vaj is a descendent from a distinguished line of Hmong Shamanic and herbal healers from Laos. After immigrating to the U.S. at 8-years-old following the Vietnam War, Vaj put herself through hard labor, schooling and jobs to get where she is today.

“My goal is to bring healing to more people, and I hope to accomplish that on Free Trauma Healing Day on Nov 4,” said Vaj.

Vaj is urging everyone interested to reserve their spots now before they are filled. For more information, visit: www.FreeTraumaHealing.com.