
Valerie Keenan



"For me, energy healing is excavating from the soul, one's own, unique, innate healing ability. It has provided me with a depth of understanding, trust, and confidence to navigate the journey called my life."

Valerie views the opportunity to assist people with their healing journey as a sacred honor. Having overcome challenging, life-changing relationship issues, fear, and a lack of confidence, her approach is delivered with deep sincerity, compassion, caring, and understanding. Due to the nature of the work involved, Valerie prides herself on creating a safe and nurturing environment for her clients.

She employs her extensive training and wealth of knowledge to respectfully guide people toward achieving their personalized healing goals, whether on a physical, mental, emotional, or spiritual level.

Through educational workshops and seminars, Valerie seeks to offer people the opportunity to explore new perspectives, expand their knowledge, and develop evolutionary tools to help nourish their soul's growth.

Valerie loves connecting with clients who are eager to institute positive changes in their lives and are ready and willing to take healthy steps towards achieving their personal goals.

The benefits of Working With Valerie

- Immediate shifts in energy and vitality
- Improved relationships
- Spiritual Growth
- Reduction in Anxiety and Fear
- Stress Management
- Self-Love
- Self-Worth
- Letting Go of the Past
- Mindset Upgrading
- Eliminate Overthinking
- Improved overall health



Valerie's greatest wish for her clients: "Through self-discovery, the ability to achieve a sense of inner peace and knowing leading to an abundance of love and joy in their lives."

Services

Energy Healing Session: Unlock stuck energy peacefully and gently releasing what no longer serves you bringing your back to a state of harmony.

Holistic Life Coaching: During your session, I will support you, meet you exactly where you are without judgement, and guide you towards making decisions that will reward you on the deepest level. Through our collective collaboration, we will explore your current experiences, thoughts, and beliefs in an effort to discover greater truths and possibilities which will help realign you with your inner passion, love and wisdom. I will empower you with the skills, tools, and strategies necessary to recognize the blockages holding you back from living your most authentic, fulfilling, and joyful life.

Soul Garden Workshops / Seminars: Through an eclectic array of educational workshops and seminars, you will have the opportunity to explore new perspectives, expand your knowledge, and develop evolutionary skills and tools to help nourish and enrich your soul's growth.

*"You've always had the power my dear,
you just had to learn it for yourself."
Glinda ~ The Wizard of Oz*