

## **Golden Dragon Sound and Reiki Shelly Jensen & Mark Stevens** *Local to Twin Falls and the Magic Valley Area*

Golden Dragon Sound and Reiki is dedicated to spreading light and wellbeing through a variety of holistic practices including Reiki, Sound Therapy, and our very popular Sound Baths. We provide a unique two-practitioner Reiki healing service our clients speak very highly of. We specialize in the use of sound & vibration in our therapy work, including our proprietary Dragon Tuning Forks, as well as many drums, gongs, singing bowls, and more. We are proud to offer Reiki instruction to those seeking to learn this lovely therapeutic modality. Our instruction includes Usui Holy Fire Reiki® (including Reiki I/II, & Master) and Karuna® Reiki. We also offer and support a variety of classes including tuning fork use, honing one's intuition, energy and sound, as well as crystals, oracle card work, and more. We are proud of our long relationship with Crystals Enlight. **\*\*Check us out on Facebook: Golden Dragon Sound & Reiki Page**

**Services:** Please contact for individual request, we can adjust and create offerings to meet your needs.

**Book** through Crystals Enlight or call direct to **Shelly 208-731-5608** or **Mark 949-798-9819**

- **Reiki and Sound Healing Session:** 90 min, includes intuitive reading, 2 practitioners, sound and vibration along with hands on healing. **\*\*Can individualize or adjust time if requested**
- **Sound Baths**-Personal session or book for an event. We provide one or more a month at Crystals Enlight. We have a lot of sound equipment such as Gongs, Crystal Singing Bowls, Tibetan Bowls, Chimes, Handpan Drums, Steel Tongue Drums, Djembe Drums, Native American Drums, Tuning Forks, and more!
- **Tuning Fork Classes and personal instruction**, offered at Crystals Enlight or Zoom available
- **Intuitive Readings**-(Shelly)- Dragon energy readings assisted by Oracle and Tarot cards- Tapping into the highest spiritual support to guide you. You can ask questions or be guided as what comes in for you specifically. Readings can vary from 30 min to 90 min. In person, remotely by Zoom or phone
- **Personal Coaching**-(Shelly)-I help guide you as needed for life coaching professionally or spiritually such as for those new to crystals and new age work, or looking to enhance spiritual practice and increase connection. I help you increase ways to raise your vibration and guide you to build or enhance a business, metaphysical practice.
- **Reiki Instruction:** Usui Holy Fire® Level 1,2, Master & Karuna® Reiki Master

### Shelly Jensen

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I was born in San Francisco, California but quickly moved to Twin Falls, Idaho where I grew up. An intensely emotional experience watching my grandmother suffer from cancer while I was a child solidified my lifelong desire to become a nurse. Nursing was one pathway to healing for me and I spent the majority of the time

working as a Neonatal Intensive Care Unit nurse. In addition, I am passionate about women and provide professional and personal coaching for women.

Coupled with healthcare, I spent many years attempting to make sense of my spiritual beliefs as the organized religious background I grew up in didn't always provide me solace. That desire to understand my feelings helped me explore New Age thinking. My journey has been long and varied, learning about manifestation, auras, connecting with guides, channeling and enjoying what is now a life-long passion with crystals. I've enjoyed working with many teachers and mentors along the way. I am in continual learning and expansion. I commit to raise my vibration daily. Sound healing has become a true passion and I am a tuning fork practitioner and designer of custom, spiritually guided dragon-energy tuning forks. I have trained and continue to train to connect to the highest realms to channel and guide myself and others. I work intimately with crystals to enhance and guide spiritual practice.

I've enjoyed Reiki as a client for years so it was a natural evolution that I would become formally trained to provide it. I am Master Certified in Usui Holy Fire Reiki®, Karuna® Reiki, and Dragon Fire Healing. Along with Reiki, I provide therapy using sound and vibrational tuning forks, crystal singing bowls, drums, handpan/tongue drums, gongs, and Tibetan bowls.

I am proud to work alongside my husband, Mark Stevens, helping our clients with our unique, two-person multi-modal Sound and Reiki therapies.

## Mark Stevens

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I am originally from Colorado but have lived around the country. The majority of my formative years were spent outside Washington, D.C. in northern Virginia. I received my Bachelor of Arts in History from George Mason University where I focused on Asian and European history. I have had a lifelong interest in Asian cultures and studied Burmese martial arts for ten years, while also immersing myself in Asian religion (Taoism, Buddhism, Zen, etc.). As a working professional, most of my life has been spent in Human Resources.

My spiritual journey has been erratic and wandering. My wife, Shelly, introduced me to crystals, New Age ideas, and most fortuitously, Himalayan Singing Bowls. As a former musician, singing bowls struck a chord in me. I've received formal instruction as well as having been on a personal journey to learn more about the power of sound and vibration. I have a strong interest and background in Chinese philosophy including Taoism and the I-Ching. I rely on those philosophies as well as my martial art training to guide me in my work.

Alongside Shelly, we provide Sound and Reiki therapy to our clients in a unique two-practitioner format. I'm proud to be her partner in Golden Dragon Sound & Reiki.

I am Master Certified in Usui Holy Fire® Reiki, Karuna® Reiki, and Dragon Fire Healing. Along with Reiki, I provide therapy using Tibetan singing bowls, gongs, chimes, and handpan/tongue drums.