



About Erica



Photo: *Erica Salvemini* offering love and energy wellness to a dear, beloved friend, Yankee Doodle McCurry

Energy Wellness Studio

I believe our journeys are written in the stars long before we take our first breath. Mine began as a young girl, an animal lover and fierce advocate for their well-being. I spent my early years comforted by the deep connection I had to the many companion animals around me, sensing their emotions, understanding their silent language, and knowing—on a soul level—that my purpose was intertwined with theirs.

Life, however, had other lessons for me first. I stepped into the fast-paced corporate world in my mid-20's, managing marketing events, navigating high-pressure environments, and learning the language of business. I loved it! But even in the midst of deadlines and deals, my

heart never stopped whispering its truth—I was meant for something different, something deeper.

The real turning point came when I faced a five-year journey of “*unknown infertility*”, a deeply personal struggle that ultimately led me to the healing path. Through this experience, I was introduced to Reiki, and in 2004, I began studying this ancient energy work, initially seeking healing for myself. What I found was something far greater: a profound transformation that rippled through every aspect of my life, for decades to come. By 2012, I became a Reiki Master, not only practicing but teaching others how to tap into their own innate healing power.

Becoming a mother to twiblings—a miracle that unfolded through patience, trust, and deep inner work—was one of the most meaningful and defining experiences of my life. The path to them was anything but straightforward, yet every step was intuitively led, guided by something greater than my conscious self. Through years of uncertainty, loss, and unwavering faith, I learned to surrender, to listen, and to trust the divine process at work.

Motherhood expanded my understanding of the sacred connection between all living beings, reinforcing my belief that we are here not just to exist but to nurture and protect the world around us. At the same time, my work as a compassionate companion animal care entrepreneur deepened, blending my natural empathy with a conscious approach to healing. I embraced shamanic energy practices, working intuitively with Earth’s elemental forces to help others break through personal blockages and awaken to their truth.

In 2004, I founded Just 4 Paws Pet Spa, a business built on the same principles of compassion and conscious care that guide me today. What began as a grooming spa quickly became something much deeper—a space where companion animals were not just tended to, but truly understood. Through my years of working with animals, I saw firsthand how energy, stress, and emotional well-being impact their lives just as profoundly as they do ours. Just 4 Paws became more than a pet spa; it became a sanctuary of trust, healing, and respect for the animals we share our lives with.

This experience shaped everything that followed. It deepened my connection to energy work, refined my intuitive abilities, and reinforced my understanding that true healing encompasses the entire being—body, mind, and spirit. Looking back, Just For Pause had been calling to me long before it fully came into form. I first sketched its logo years ago, alongside the Just 4 Paws Pet Spa logo, not yet realizing the full extent of what it would become. The vision was always there, waiting for the right time to emerge. The natural progression of my work led me to bring it to life, expanding my mission beyond grooming to offer holistic healing for both humans and their companion animals.

Just For Pause Energy Wellness is more than a business—it’s a response to the profound shift in consciousness that is already unfolding. The New Earth isn’t a new planet to escape to, nor is it a religion, a cult, or a far-off science fiction vision. It is the shift happening now—a rising consciousness, a return to harmony, and a reawakening of our inner soul selves. It is a deep remembrance of our innate connection with all living beings, including the planet and her animals. This work is my way of nurturing that transformation. Every healing, every act of compassion, every moment of alignment strengthens the foundation of what is already being built. *I didn’t choose this path—it chose me.*

At my core, I believe we are all interconnected—people, animals, and the Earth herself. When we make intentional choices to heal, we don't just transform our own lives—we create ripples that extend outward, lifting the collective and contributing to the greater awakening of humanity. *The New Earth calls for nothing less.*

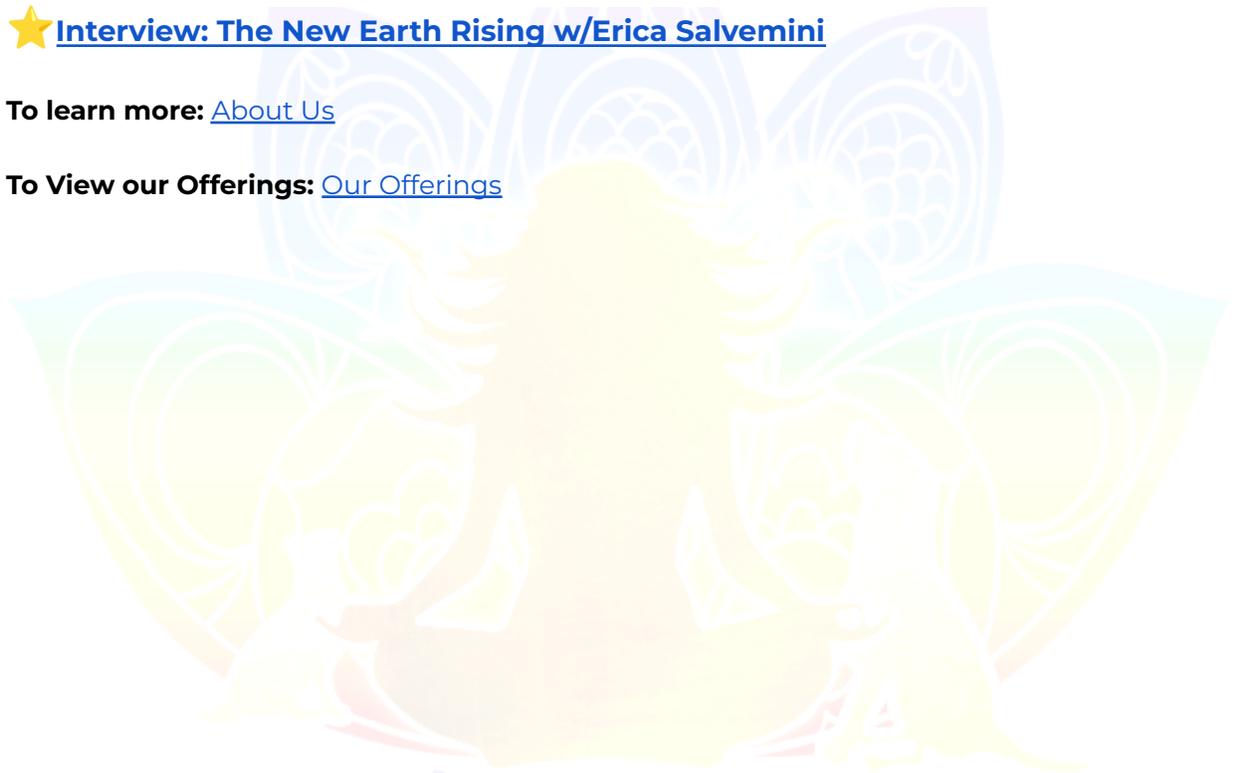
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