



Your Journey Begins

Welcome! If you've found your way here, trust that it's not by accident. Your soul is calling you toward healing, transformation, and expansion. This is your time to step into a new level of awareness, peace, and alignment.

If you're curious about this gentle yet powerful energy work, I invite you to complete the pre-consultation form —no pressure, no expectations, just a space to explore what's possible for you.

💛 What's the first step? The first step in working together is completing the pre-consultation form to determine if we align.

💛 Interested in booking a free consultation? Start with the [Pre-Consultation Form](#)

✨ Prefer to reach out directly? Feel free to email or text me at info@justforpause.com or (201) 856-2640.

Email: info@justforpause.com



Website: www.justforpause.com



[Pre-Consultation Form](#)



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I look forward to connecting with you and supporting your journey.

With kindness, love & light always,

Erica Salvemini

Master Reiki Practitioner

Just For Pause Energy Wellness Studio

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