

Explanation on therapies offered

REFLEXOLOGY is an energy healing modality that involves working on a client's feet by pressing reflex points on the feet which reflect physical parts and organs of the body. This process assists the body to bring about a change in health and wellbeing of the client by supporting and encouraging the immune system to work at a higher level. Reflexology assists the body to release and reduce stress by stimulating the immune and circulatory systems, thereby allowing healing to take place long term. I have been offering this treatment since 1997. The client sits on a massage bed in an upright position with only their shoes and socks removed, and perhaps been covered with a blanket to keep warm during a treatment. The treatment duration is between 45- 60 min.

REIKI (Usui Shiki Ryoho Method) / SPIRITUAL HEALING SESSION. Reiki Healing is a type of healing method which involves a practitioner been attuned by a Reiki Master to allow energy to flow from the universe/spirit via the hands of the attuned practitioner, to a client's body. (The clients body will draw as much energy as it requires during the session) Spiritual Healing involves the practitioner connecting with the universe/spirit and been guided as to where to work, or stand back and let spirit take over the session.

I have been offering these healing sessions since 1999 for Reiki and 2003 for Spiritual Healing. The client lies on a massage bed with ONLY their shoes off, and will be covered by a blanket to keep them warm. I play soft music to relax the client as I proceed with the session, by placing my hands on/above certain places of the body as I carries out the session. I enjoy doing these healing sessions as it brings about change to the client on a very subtle level. It brings about a sense of peace, clarity and understanding that the client has buried deep inside their body, mind and soul. It brings about a sense of power and positivity that helps the client to feel empowered and energised amongst other things. Great for relieving stress. These sessions last between 45 – 60 min.

THETA HEALING SESSIONS. Theta healing is a healing modality that works through the sub-conscious mind; through a series of questions and answer sessions using Belief and Feeling work allows change to come about for a client on four levels of their being; Core, Genetic, History and Soul. I have been offering these healing sessions since July 2013. Theta healing involves the client sitting on a chair/ or lying on a massage bed; fully clothed next to me as I ask them questions about various aspects of their lives or dealing with an issue the client would like to work on. The session also involves healing work and clearing on different levels of the clients being, to help bring about positive life changes. A client leaves feeling changed for the better and ready to face the world in a better frame of mind. The sessions are 60-90 min.

CHAKRA BALANCING/AURA CLEANSING. These sessions involve working with the invisible energy found around each and every one of us known as our Aura. Our chakra points (7 main chakra points) are also invisible healing points found on all beings on this earth plane. I have been offering these sessions since 2000 and find them life changing and beneficial for my clients. My clients lay on the massage bed with ONLY their shoes removed, a light blanket placed over the client to prevent them becoming cold as the session proceeds. I work above or on the body as need arises at all times been aware of the clients comfort and boundaries. I work with the aura and chakra's to bring about balance and stability on a physical and spiritual level with brings about emotional changes which help bring about positivity emotional balance and understanding. The sessions also help to clear unwanted entities and heavy energies which do not serve the client. These sessions are about 30min.

MEDITATION. I offer guidance and understanding during meditation sessions to help my clients learn to meditate on their own at home, or anywhere they feel the need to take a few moments to themselves. Meditation is a practice whereby a person allows themselves to sit undisturbed for a period of time to quieten their minds. The client finds a quiet, comfortable place to sit in an upright position with their eyes closed, or with their eyes open concentrating on a particular object. They can either have soft music playing in the background or have complete silence. They then sit quietly concentrating on their breath / the sound of music or concentrate on the chosen object to focus on. These sessions are 45-60 min.

Meditation is practised to quiet the mind and experience a sense of awareness about oneself. This will occur once the person can disconnect from their thoughts and allow the worries of the day to drop away. This will in time and with practice bring them to a meditative state of mind where they will experience relaxation on a very deep and satisfying level. School going children improve their marks dramatically by practicing meditation daily before school. Meditation assists people to think more rationally during stressfully times.

All age groups and people from all walks of life. School going children / adults / busy and not so busy people. All people benefit from meditation practice.

SPIRITUAL GUIDANCE. I listen and assist my clients to find a way forward when they find themselves in situations that are uncomfortable or unknown. By guiding them it helps them find solutions that make sense, and that work for them. I lend an ear when a client feels they are unable to confide in family and friends for fear of being judged and criticised.