



Information for new clients

ABN 12 503 685 624

WHAT IS ENERGY HEALING? HOW CAN IT HELP ME?

Energy healing works on the assumption that energy can be directed to clear energetic blocks in your physical and energetic bodies. The practitioner acts as a channel for the healing energy through their own body-and out through their hands. This energy is believed to flow to the origin of the issue/s, cleansing toxins and promoting your body's own natural healing processes. This process of clearing and balancing may also allow you to move forward in your life.

Practitioners in energetic healing believe that everything is made of energy, and all beings are connected as one in the universe by the vibrations of our energetic being. Physical and emotional trauma or stress and emotions that are not fully processed and released, can lay repressed in our energy bodies and cause havoc in our body and life. This may show up as:

- illness,
- stress,
- work or relationship problems,
- feeling weighed down, or
- blocks in moving forward with the flow of your life (feeling stuck anyone?).

Energy healing aims to clear, balance and restore your physical and energetic systems and facilitates the body's natural healing abilities.

Reiki and energy healing is becoming increasingly used in the world today, in palliative care centres, for PTSD sufferers and more. Reiki is not an 'alternative' therapy – it is a 'complementary' therapy in that it works alongside other medical and therapeutic techniques.

“Reiki treatments are increasingly accepted in health and community care facilities including hospitals, hospices and cancer support units. For example, at the Solaris Care Cancer Centre at Sir Charles Gairdner hospital in Perth, Reiki is the most accessed complementary health treatment for cancer and leukaemia patients. Many patients report significant improvements in their level of pain, fatigue, nausea and breathing”. *Source: Reiki Australia <http://www.reikiaustralia.com.au/reiki/reiki-research>*

Energy healing may benefit a number of issues such as:

- Feeling run down, overwhelmed, stressed, negative
- Speed up recovery after surgery/injury/illness
- Previous injuries or trauma from accidents
- Trouble concentrating or making decisions
- Coping/processing life/relationship trauma (past or present)
- Night terrors
- Confidence
- Creativity
- Pain relief

ABOUT

Julia is an energy healing practitioner, and Reiki master trained in several energy healing modalities including Reiki, Seichem, Golden Dragon, Kundalini, Ashati and Alsemia. These modalities cover emotional and physical healing as well as connection with earth energies ie plants, minerals

The energy you receive during a session may be one or all of the above, dependant on the needs of your higher self. There is nothing you need to do, but simply BE, and intend to receive the energies.

WHAT HAPPENS DURING A SESSION?

At the beginning of the session you have the opportunity to let me know if there is any issue or illness you'd like to focus on during the treatment, and ask any questions.

IN PERSON

You then lie down on the treatment table (fully clothed) and relax with your eyes closed, listening to soft relaxing music.

An energetic body scan will be performed using a singing bowl at the beginning and end of the healing.

Then hands will be placed on or above a series of chakra points throughout your body, starting at your crown and finishing at your feet. I usually touch the body with my hands on every chakra point except for heart and base chakra (I will hold my hands above the chakra points in this case). Of course, if you feel uncomfortable being touched I will adapt to suit your needs.

BY DISTANCE

During a distance session, the energy is sent to you remotely, wherever you are in the world. You may meditate, relax or even go about your day as normal. It is totally up to you. Those that take the time to be still, meditate or relax during the session will be more likely to perceive the energy as it comes through. Use it as a ritual of release and healing, by lighting a candle, playing some soft music and focusing on the breath and your intention for the session, or even play a guided meditation.

You may feel heat, buzzing or pins and needles as the energy flow is restored, depending on how sensitive you are. You may feel nothing during the session, don't worry - this doesn't mean that the treatment isn't having any effect.

POST TREATMENT

Post treatment I will share what I have seen and cleared for you, and discuss things you can do to support yourself as you integrate the healing energies. I also ask for you to share any sensations, feelings or thoughts that may have come up for you during the treatment.

After the treatment, you are encouraged to drink plenty of water and rest as needed. You may feel some light symptoms for 2-3 days post your session, as the repressed energies are fully released and the energy received is integrated. Please keep in touch post your session to let me know how you are feeling. Most people feel very relaxed, a sense of peace and general wellbeing and like a weight has been lifted.

Please note:

-Energy healing is a complementary therapy and does not replace any medical advice or treatments/medication plan you may currently be on.

- For deeper, more permanent results, many practitioners recommend a series of sessions at regular intervals. The amount and frequency of treatments is unique to each individual, and the issue you are wanting to resolve. It is recommended to at least do a follow up session to gauge the changes in your energetic system, and clear any remaining (or new) energetic blocks.

Please contact me for further information and to book your session.

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