

Healing Sessions

Reiki
Emotion Code
Healing Bodywork
Spiritual Coaching
Transmissions



HEALING WORKS

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Healing Works

You're here because you know you need something to help you but you don't know what. I'm here to show you that Healing Works. If you're dealing with difficult emotions, trying to face your fears and achieve your goals, healing can work for you. And you can begin working to get yourself to where you want to be with a little help, support and guidance.

It might be that life feels chaotic and you need to do something to help you feel like you're in control of your own life, your time, your energy, your mind, your body, your spirit.

Perhaps you're feeling stuck and you find yourself wanting to just escape everyone and everything but you can't run from your life. It might even be because you feel so different from everyone else, and nobody gets you. Maybe you don't feel like you belong anywhere. Perhaps it feels like it's all a bit too much and you just need some space from it all.

At times it feels like it's hard to let go of the past and it feels like it will always haunt you or worse, stop you in your tracks when you try and move on. Your mind just won't let you forget those memories. It's difficult switching off the chatter in your head. You're going round in circles and all you want is the answers that will help you resolve the problems and feel better.

You know what you need. It feels like you need to take some action. When you know how you want to be feeling and you know you need to do something about it - it's frustrating because you can't find the help you need. The inner work is calling and you just want to know HOW to do it!

Reiki (Energy Healing)

What does Reiki do?

- Alleviates stress
- Recharges your mind, body
- Clears and balances your emotions

Reiki uses the flow of universal life force energy that allows your mind, body and soul to come in to balance. Restoring and recharging your energy system, clearing and balancing your Chakras and gently removing any energy blockages.

Post session guidance is given and the first session is usually longer as a result.

In-depth insight is given and with each session, clients are given follow up work so they can begin working on themselves to maintain balance.

Emotion Code Healing

What does Emotion Code do?

- Releases any blocks to moving forward in life
- Releases trapped emotions
- Clears physical, mental and emotional pain

The Emotion Code is an energy healing technique that helps you to release trapped emotions that are preventing you from moving forward in your life. Emotions can get trapped at any time in your life, and are usually related to negative life experiences or past traumas. It is a way of bringing the subconscious in to the conscious awareness so that you can operate with clarity. Emotions can also be inherited from our parents or absorbed from others around us, including from when we are in the womb. Emotion Code helps us to release these emotions leading to a happier and more joyful experience of life.

Emotion Code sessions can be done over the phone or in person. You can book a single session or a package based on your needs.

Healing Bodywork

What does healing Bodywork do?

- Releases emotional baggage and the pain and suffering that comes with it
- Reconnects your soul/higher self to your physical being
- Releases blockages, conditioning and limited beliefs
- Helps you to be at peace with your past

Healing Bodywork/Massage lifts away your emotional baggage and negative energy absorbed from others around you. Sessions include cord cutting if necessary. I work with your higher self/soul presence intuitively to dissolve trapped emotions and conditioning from where they sit in the physical body. My unique gift is the ability to literally pull the physical and emotional pain out, allowing you to release and heal from the past.

Spiritual Coaching

What does Spiritual Coaching do?

- Provides intuitive guidance and insight
- Provides you with tools for self-healing
- Supports you with navigating away forward

Often clients simply want to talk through things with someone who understands and can help them tackle their issues from a spiritual perspective. This session provides some guidance and supports you in working out a way forward. I combine intuitive energy work and insight with practical methods for you to do the inner work that is needed.

Please note I work purely with soul connection energy. I do not do any card readings, psychic or mediumship work.

Divine I AM Transmission

What does a Transmission do?

- Facilitates your connection to your soul self and Source
- Aligns you to the truest version of yourself
- Clears the energetic space and activates the change needed to move forwards

The Divine I AM Transmission is a powerful healing modality that assists us in accelerating our growth in all areas of our lives. It goes much deeper than other modalities and works at a Soul Level allowing the experience to be unique to each individual, even when experienced as part of a group.

With transmissions, the journey is yours to take. With each session comes a shift in awareness and deeper wisdom from within. Transmissions awaken inner peace, self-love and have the effect of helping you to shed your own limiting beliefs, patterns and cycles.

One sessions are available online or in person.

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