

Universal Energy Healing

This process operates over and above any belief system, you do not have to believe in it in order for it to work- it will work anyway!

The process is not bound by any orthodox religion or New Age thinking. It doesn't matter what or who you believe in or what culture you are grounded in. It is universal and binding in one thing only... Love! A love for the planet and for the people who live here; a love for all animals and living things, our eco-system, our ozone layer... a love for our polar icecaps, our climate and weather conditions.

Universal Energy Healing can help with any problem, mental, physical or emotional. Energy Healing is a holistic approach to facilitating the return journey to health. It involves tracing the cause of any suffering through the physical and emotional symptoms to its roots deep within our psyche.

Our natural flow of energy always moves towards perfect health and well-being. However, when faced with difficulties in our life which we find too painful to accept, we tend to hold this unresolved energy in our aura. This creates blockages in our energy field which then depletes our vitality and can lead to ill-health and suffering.

With the assistance of the hands-on skills of an Energy Healer, we can be guided into bringing these blockages to light and releasing them. This enables healing on all levels including physical health, emotional well-being, relationships and spiritual realisation.

The healer may also guide the client in a process of inner inquiry as to the cause of their condition. This takes the healing deeper and encourages the client in creating their own health and wellbeing.

The treatment takes place in a peaceful and relaxing environment. You will be asked to sit, or lie on a couch and the practitioner will take your medical history. Apart from your coat and hat, it is not necessary to take off any clothes. The practitioner will then gently place their hands on or over your body. Treatments times vary but on average last for approximately 30 – 40 minutes.

You may feel a flow of energy, mild tingling, warmth, coolness or nothing at all; however, changes do still happen on a subtle level. The course of Universal Energy Healing treatment will vary in length according to your condition. Your treatment plan will be discussed with you and reviewed as necessary. Energy Healing complements and enhances the positive effects of all other types of health care, including orthodox medicine.

What precautions should I take?

It is advisable to rest after a treatment and drink lots of water. You should tell your practitioner if you are having any other complementary or conventional medical treatments.