

Kansa Vatri (KV) Indian Foot Massage™

A unique treatment steeped in centuries of ceremony. Slow relaxing movements are applied to the feet and lower legs.

At the heart of the treatment is a small metal bowl made from copper, zinc and tin (copper is said to assist in reducing pain and inflammation, zinc for the immune and digestive system and lastly tin is also helpful in digestion and for relieving headaches and insomnia). Traditionally Ghee (clarified butter) is used, other oils work nicely too.

This massage is good for everyone as it is very relaxing and revitalising and whilst working on the feet, the internal organs benefit (via the nerve endings in the feet).

A soothing session helps to draw out excess heat, leaving the entire body cool, refreshed and relaxed. Ideal if you are feeling stressed/anxious, spend a long time on your feet or in need of relaxing time out for yourself.

Recommended Therapy

| | Well Being | Emotional | Pain Management |
|------------------------------|------------|-----------|-----------------|
| Spiritual Healing | ✓ | ✓ | ✓ |
| OldPain2Go® | ✓ | | ✓ |
| Access Bars® | ✓ | ✓ | ✓ |
| Diamond Light Grid Alignment | ✓ | ✓ | |
| Emotrance | ✓ | ✓ | ✓ |
| Kinetic Shift | ✓ | ✓ | ✓ |
| Support in End of Life Care | ✓ | ✓ | ✓ |
| Metamorphic Technique | ✓ | ✓ | |
| Intuitive Guidance | ✓ | ✓ | |
| Indian Foot Massage | ✓ | ✓ | |

Remote Sessions

Most of the therapies offered can be done remotely (apart from Energy In Motion, which can be done over the phone or skype).

If you are unable to attend in person I am still able to work with you, wherever you are. All that is required is that we agree a mutually convenient time when you will not be disturbed and are able to be either lying down or sitting comfortably.

The session lasts approximately 30 - 45 mins and I will contact you, usually by email or phone with a report of the session and to interact with any feedback you may have.

Remote Sessions are sometimes referred to as Distant Healing.

Playground For The Soul

Healing and intuitive orientated workshops created for you.

These are offered for small groups, maximum 4 people.

For more information please contact me:

0786 608 3991

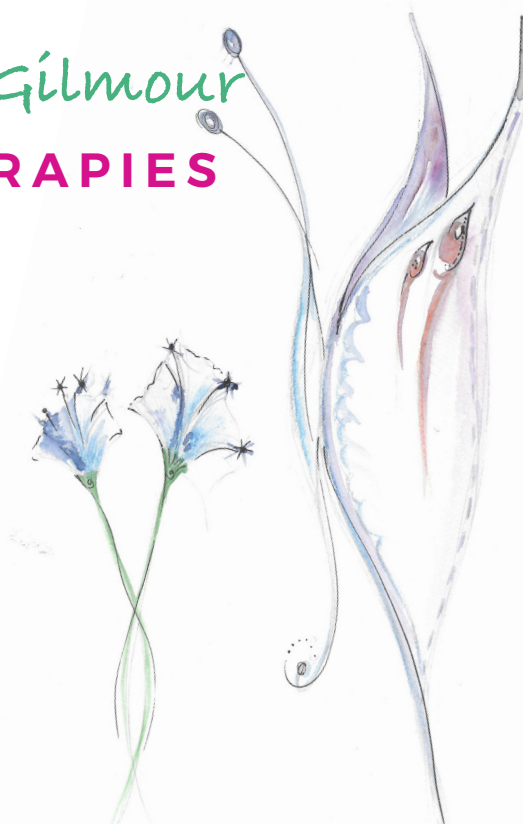
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THERAPIES



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SPIRITUAL THERAPIES



Spiritual Healing

A process or activity that has a positive effect on our sense of well being. This may be something that helps us in a physical, mental or emotional way. The healer/practitioner acts as a facilitator through which energy can flow to you (a very relaxing experience). This has the effect of allowing your own natural healing to take place.

Healing can be given for any illness, stress or injury as a therapy, which is completely natural, has no side effects and is complementary to any other therapy. No faith is necessary; healing works equally well with children, animals and plants.

OldPain2Go®

A method of using your own internal system (your sub/unconscious mind) to eradicate or lower the old pain message that blights your life.

The main purpose of the sub/unconscious mind is to keep you safe and it controls all the 'automatic' actions that we do throughout our lives 24/7 with no conscious awareness needed.

In brief we are amazing beings and pain is there for a reason, it sends an alarm signal until we take notice. Sometimes for whatever reason, it does not switch off, even though it is no longer needed.

In a session of OldPain2Go® the alarm is switched off for the OLD PAIN, and message deleted (like on an answering machine, it is impossible to get the message back). In some extreme cases people 'need' to still have some pain and this can be reduced to a manageable level that they are happy with.

You will still be alerted to new pain.

Access Bars®

Having your Bars® run has been likened to running a de-frag programme on the hard drive of your computer (the one I use at home is actually called "Crap Cleaner"). As you reclaim the energy that was locked in these "old files", you will feel progressively calm and energised and it is not uncommon to fall asleep!

The Bars® is a body process for dynamic change which involves touching 32 points on the head, this is done whilst lying down and remaining fully clothed. Many people say they feel more space in their head - as if it has been de-cluttered.

Access Energetic Facelift®

The Access Energetic Facelift® is a wonderful way to rejuvenate the face and reverse the appearance of ageing on the face and creates similar effects throughout the body. Through the face the internal organs benefit, when the organs benefit the face becomes lighter, brighter and looks younger.

I know, hard to believe! It can feel as if the internal organs are getting a gentle massage.

Gentle Dying

Dying is like being born, it is a miracle in its own right. The one thing that is certain in this life is that we will all die. Healing helps the dying to take the journey with serenity, dignity and grace. All situations are different. Please feel free to talk to me.



Emotrance

If emotional pain is present, working directly with the energy system and the feedback of the physical body, this technique can simply and quickly help disperse emotional pain via the energy system. There is no need to go into details or memories of what caused the pain.

Kinetic Shift

Kinetic Shift is a rapid method combining several different techniques to resolve Fears, Phobias, Anxiety, Weight Loss, Smoking and even PTSD and much more. We all know that we can't express everything we want to verbally, so we use several other methods of communication and that is key to Kinetic Shift.

Metamorphic Technique

A light, non-invasive, touch is applied to feet, hands and head in a safe relaxing environment where you can "just be". Some people like to talk and others enjoy being still and silent. It can be a simple tool that may enable us to move from feelings of limitation towards accessing more of our potential. A subtle treatment allowing natural transformation.

Diamond Light Grid Alignment

An alignment calibrates facets of your emotional, mental, spiritual and physical body that sit within your own unique energy field.

There are countless factors that can cause misalignment which often include physical pain, emotional distress or grief, shock or trauma, interfering electromagnetic fields and feelings of being disconnected from one's deeper, Spiritual Self.

Alignment sessions are about being able to "cope" with what is going on, promoting a sense of well being at the deepest level of a person's being where many illnesses may have their origin.