

THERAPIES OFFERED

HEALTH KINESIOLOGY

Since qualifying in 1998 I have worked as a HK teacher, now working as an Advanced HK practitioner and HK mentor for newly qualified practitioners. Below, you will find some typical questions and answers for those who are primarily interested in having an HK therapy session.

What is HK and how does it work?

HK is a wonderful, exciting, life changing system of promoting growth, healing and beneficial change into your life. HK is based on the premise that your body knows what is right for it, and it works in the body's energy system. To discover exactly where in the body's system, changes need to take place, the practitioner applies a gentle pressure to one of your muscles and then, she monitors the response. This indicates where the stress on the body's system is located. The information is then used by the practitioner to identify the required treatment.

What does a session involve?

There are no set sessions, so if you and your friend both come with the same set of concerns you would probably go away having received completely different sessions. But you are both different people, and what has happened in each of your lives, which has led you both to develop those concerns is different, so what you both require to deal with the concerns will be different. You see, HK brings the added benefit that it is your body that decides what it wants so that each session is personalised.

What kind of problems does HK treat?

Well anything really, as it treats the person not just the concerns. How I see people is that we are like onions, we have lots of layers. Some layers make us cry and others can make us laugh, whilst others can cause problems which adversely impact on us. HK gets to the right layer at the right time to tackle what ever the issue or concern is for the person. By working in this way I have successfully worked with people from very young babies, to people in their 80s.

What about the different kinds of HK?

Health Kinesiology: Do you want to know exactly what your body wants? If so, then this is the therapy for you. HK allows your body to decide what it wants. This produces profound effects at all levels: physical, emotional, mental and spiritual.

Spectrum Healing: Like Health Kinesiology, Spectrum Healing uses muscle testing to access information from the body. It uses the helping power of creative activity, movement, imagination, visualisation, meditation and so on, to enable you to move forward with your life and gain the harmony and balance that you truly need.

Assimilation Kinesiology: Several therapies engage in energy balancing. However, it is important that the changes made do not just remain in the aura, but are transmitted down into the physical body for you to feel it's benefit. Assimilation Kinesiology does just that, ensuring that you get the full benefits from the work done.

What do previous clients say?

"I am no longer just existing but living my life again" F.T.

"It's a miracle beyond my wildest dreams" Judith Dobson

How can I make an Appointment?

Contact me by phone or email for a therapy appointment (*you can start your email by just clicking my email address in the column on the left of this screen*). To find directions click on the 'Booking' link to the left. Alternatively, if you would like to learn more, you can always attend one of my course (*in this case, click the link for 'Courses and Workshops' on the left of this page*).

REIKI

What is Reiki

Reiki is deeply relaxing and enables deep seated emotional attitudes to be released. In some cases, this may be followed by a period of reflection and transition while a highlighted emotional issue is worked through. Ultimately, this enables the development of an improved ability to express positive emotions. When Reiki is received regularly it promotes a more positive and joyful outlook and enhances the body's inbuilt energy reserves.

How does Reiki energy work?

The translation of the Japanese term Reiki is 'Universal Life Energy' and it is this that forms the focus of Reiki's, capabilities. There are no positive or negative energy forms, just beneficial effects arising from enhancing the various energy levels in the body. The Reiki Master accesses these, allowing the person to take the Reiki energy into themselves, with beneficial effects. Essentially, it is the person who unconsciously decides how much energy they need. As a result, they always receives the optimum amount for their individual requirements.

What treatment is used?

During the session the person will lie down and relax while the practitioner gently places their hands in various positions on the body or close to it (*in the person's aura*). During the process the person usually feels a sensation of relaxing heat, radiating from the Reiki Master's hands. It is not uncommon to fall asleep during such a session! However, dependent on the Reiki energies used, the person may also feel a delicious tingling or a gentle breeze, and may see colours or smell a delicate fragrance. Sometimes they will receive an intuitive understanding about a situation that has been causing concern or they may gain a deep, inner knowledge about an aspect of themselves.

What are the different forms of Reiki

There are several different kinds of Reiki energy. Some particularly significant ones are Usui (*Japanese*), Tibetan and Seichem (*Egyptian*). Together, they use all the four Elemental Healing Rays: Earth, Fire, Water and Angelic-Air.

Usui Reiki: Usui Reiki uses grounding earth energies to support you and promote emotional growth. This is so relaxing that people often fall asleep during a Reiki session.

Tibetan Reiki: This is a lovely energy which is very protective and super to use when dealing with negative or invasive energies. Tibetan Reiki is thus an excellent tool for clearing away these negative energies leaving you safe and protected.

Seichem: An amazing therapy using hands-on healing and aura work, including Angelic light weaving, to make wonderful changes in your physical body and your energy system. Seichem uses the light sparkling Earth, Water, Fire and Angelic-Air energies, to aid your wellbeing.

Q5 Reiki: Provides a structured approach which hones the focus of the Reiki energies to maximise their impact, acting to accelerate the healing process of the treatment received.

Angelic Reiki: Enables the Angelic Realm to have direct access to us as human beings. Thus when you receive Angelic Reiki you are accessing the wonderful harmonising energies of the angels, bringing comfort, love and harmony exactly where you need it.

How can Reiki help you?

Regular Reiki sessions will support and enhance the body's natural energy reserves. Reiki is helpful in many different ways including:

- * Aiding recovery after illness,
- * Relaxing and de-stressing,
- * Reducing pain and speeding healing,
- * Promoting self-development and personal growth,
- * Enabling emotional healing,
- * Optimising the beneficial effects of other therapies.

Do you need to be ill to benefit from Reiki?

No. Regular sessions will optimise your health and enhance the body's immune systems.

Can I learn to use and practice Reiki myself?

Yes. Contact me for details.

BOWEN TECHNIQUE

What is The Bowen Technique?

Bowen provides, in effect, 'a wake up call' for the body, encouraging the body to move towards harmony and balance. This promotes ease, recovery of energy, and improved functioning in a gentle and relaxing way.

What treatment is involved?

The practitioner makes precise gentle moves over specific nerve and muscle junctions. The aim is to disturb the soft tissue, muscles and energy flow in the body to provide its 'wake up call'. This draws the body's attention to the area and triggers it to commence its own recovery process. As part of the treatment the client is left alone from time to time to absorb the moves which have been made. This allows the body to make the fine adjustments which aid the relief of discomfort and tension as it begins the recovery process. Each time the practitioner returns, she reassesses the changes made, before making the next move. This constant process of reassessment ensures a personalised approach, specifically designed for your individual body's needs.

What can the Bowen Technique safely work on?

Bowen is so gentle that it is safe to use it to aid recovery, for any age group. It has been used successfully to treat babies and 80 year olds. Go to the Bowen web site (*click on 'Useful Links' to the left of this screen*) for more details of research confirming its effectiveness.

Some examples of previous successes:

Advertising Standards do not allow me to detail diseases, symptoms even when they are direct quotes from grateful clients.

Sports Injury (*man 42 years*): After one treatment for a chronic problem due to an incident on the football field he experienced a noticeable lessening of his discomfort. He told me that 'It is the best money I have ever spent.'

Multiple problems (*woman 60's*): After a series of treatments she told me 'It's wonderful; it's the first time I've been discomfort free in 15 years". She went on to receive occasional maintenance treatments.

Do you need to prepare before you come?

Yes, there are things that you need to do or be aware of before you come. These are:

- * No other physical therapy should take place up to 5 days before, or after, a Bowen session,
- * Once a course of Bowen treatment is completed it is best not to have any other physical therapy for 6 weeks. This is to prevent the body becoming overloaded with messages, which may neutralise the effect of the Bowen sessions,
- * Light, loose clothing should be worn; no jeans, heavy seams or back pockets and no lycra, or other slippery type material. This includes tights and slippers. No boxer shorts,
- * Begin to drink a minimum of 2 litres of still water a day, or as much as you can manage. Tea, coffee, soft drinks and fruit juice do not count as water,
- * For follow up sessions, a series of exercises may be given. These form part of the treatment and need to be completed as directed.

How long does a treatment take?

The first session lasts about an hour. Subsequent sessions can last anywhere between 15 minutes and an hour but on average they last 45 minutes. In some cases additional therapies may be recommended to complement the work completed and to look more deeply at emotional or other causes of your problem.

How many sessions do I need?

This is variable but often 3 is sufficient. However, there are cases of long term or multiple problems, which require work over a more extended period of time. Conversely, some people only require 1 or 2 treatments. The aim is to give whatever is required.

Do people need to come back?

Sometimes people need to come back for maintenance treatments to manage a chronic problem, or to reduce the possibility of hurting themselves again. Sometimes people choose to come back because it makes them feel good.

THOUGHT FIELD THERAPY

TFT is a wonderful therapy which can be used to rid a person of trauma, phobias, addictions and a large range of other problems.

What does the treatment involve?

On your first visit to Christine you will be assessed and the appropriate TFT procedure will be identified to tackle your concern. This will involve working out a personalised 'Tapping Sequence' which will deal with your symptoms, there and then, during the session. You will be given a copy of this personalised Tapping Sequence for you to take away with you. This can then be used on further occasions if you feel stressed but it can also be used in order to prevent the return of the original symptoms.

How many sessions will I require?

Importantly, with her skills in Health Kinesiology and other therapies, as well as TFT, Christine is also able to assess not only the correct tapping sequence but also whether any other treatment would be more appropriate as a means of tackling your particular problem. This saves you, the client, both time and money as your concerns are addressed immediately in the best way possible. This is why, in the majority of cases when Christine uses TFT, it only requires a one-off session. The exception to this would be if the person is continually being re-traumatised or if the symptoms are part of a more complex pattern of problems. In this case several sessions may be required.

Can you give an Example of where TFT is used?

The effectiveness of TFT can typically be illustrated by the case of a soldier who was one of Christine's clients. He was present when his best friend was knifed and killed in combat, and he had also been the victim of an explosion, which injured him personally. Christine initially got him to make a self assessment of his level of trauma, using a scale of 0-10. On this, he scored himself as 10+. After one, 60-75 minutes session he was then asked to re-score his level of trauma. By his own estimation, he now registered only 0.25 on this same scale.

TRANSFORMING INVASIVE ENERGIES ND GEOPATHIC STRESS

Over the years I have found, that many of the people coming to see me to receive various therapies, have been subject to psychic attack. Although I have usually been able to sort this out for them using one of my other therapies, I felt that in these cases it would perhaps be particularly useful to teach them how to avoid these problems in the first place, rather than just deal with the consequences afterwards.

Consequently I developed these therapies, pulling together all the elements from the work that I have done over the years. This encompasses not only the practical elements of strengthening and protecting the individual but also introducing a more spiritual dimension into the therapy.

Transforming Invasive Energies: This is not an individual therapy but utilises, as appropriate, a selection of techniques from the different therapies that I offer, as outlined above. I combine these with my own specialist knowledge and expertise to clear negative thought forms, move spirits on, and resolve psychic-attack problems.

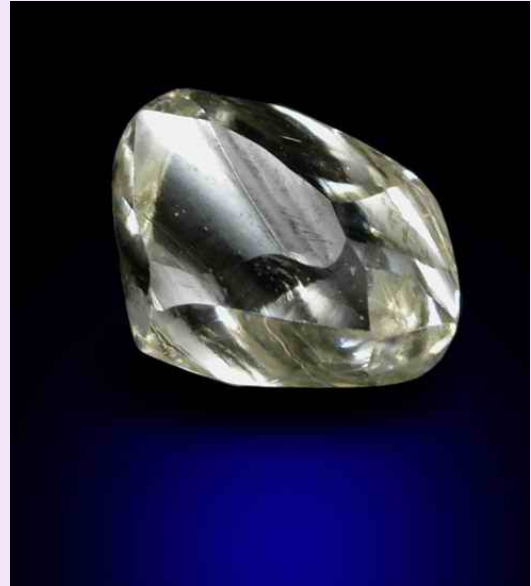
Transforming Geopathic Stress: Geopathic Stress is set up when there is a dramatic variance between the Earth's magnetic field and our own. It is caused by such factors as underground water, sewage systems, transport systems and so on. Geopathic Stress is thus a form of invasive energy as it can impact adversely on your life when you experience it. I use a variety of techniques to nullify it's affects.

DIAMOND LIGHT GRID

The Diamond Light Grid was developed by Julie Umpleby as a new system of bio-energy application. It operates within the electromagnetic field of our source energy which forms part of our overall energy anatomy.

In a sense, the easiest way to describe it is that she sees the aura (the bio-energy field which surrounds us) as a diamond which has a multi faceted appearance. Within it's grid like structure it has 64 smaller diamonds, the same number as the the unique triplet codes in our DNA which lead to the formation of 20 basic amino acids. The perfect crystalline structure of the Diamond allows a clarity of focus, enhancing the work done.

1. Working within this grid can be used to augment the bio-energy field promoting energising, balance, spiritual development and connection. This is important as when our energy field is out of alignment due to upset, old patterns, negative attachments, or physical and mental challenges then we can not function at our best. The Diamond Light Grid realigns our bioenergy system so we can function optimally.



The Diamond Light Codes

The Diamond Light Codes are part of the Diamond Light System containing subtle coded messages to enhance one's energy vibration. Each one is focused on a single concept, for instance "harmony" or "Insight". When they are used during the session they can help the body integrate the aspects of the chosen concept that it needs. This in turn promotes uniquely individual changes to benefit the person concerned.

VORTEX HEALING

What is Vortex Healing?

The simplest way to describe Vortex Healing(R) is that it is as a form of Divine Energy, which can be used in all sorts of way to aid the individual to heal in an emotional, psychological, physical and spiritual sense.

Wow! But how?

The therapist uses her hands to transmit the energy to your physical body and aura. She does this by laying her hands on the site of the injury or by working in your aura using whatever hand positions are appropriate. She can also give you what she calls a 'take away'. This is an energetically constructed healing grid which she couples with an energy grid to continue the healing process even after the session has concluded. This maximises the results for you.

Where did it come from?

It was originally given to the first Merlin in 753 BC and has been passed on down the line of Merlin's to the present day (*Merlin being an role, not an individual person*). It originates from a healing realm within which different aspects of 'The Divine' are manifested in the form of Divine Beings. Interestingly it is said that Christ himself received Vortex Healing Transmission during his travels in his early years.

So it is Divine Energy used for healing?

Yes it is, but it can also be used for so much more. It can be used for space clearing, moving spirits on, sending healing to the planet, distance healing, energising food and water, improving peoples abilities, tuning musical instruments and much more.

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WORKING WITH ANIMALS

Our Pets play a very important part in our lives. They provide us with unconditional love, allow us to exercise our inner child through play, and always welcome us home. Equally so we play an important part in their well-being. They rely on us for food, love and affection and a safe home. When they are ill we can often feel helpless as it can be difficult to understand what they need. Our first port of call is the vet who prescribes the appropriate medication when it is required. But sometimes the animal requires more and it is then that using complementary therapy can help and can play an important role in supporting your animal's recovery.



CHICKIE

Chickie had loss of hip mobility, digestive problems, and had not been outside for several weeks due to her discomfort and mobility problems. Her walking problems had been ongoing for about 6 months and she had been treated by her vet.

I completed 2 distance sessions on her. She showed immediate improvement after the first session, and after the second one, her owner Monika Kahiluoto reported:

"What you have done sounds amazing and I can report to you that it has absolutely worked! Chickie came outside for a walk for the first time in 6-8 weeks, and was all happy and jolly! This is definitely a success story!"

BUBI

Six years ago, Bubi had been hit on her rear by a car and seriously injured. Her vet treated her and specified that she required 6 weeks rest and immobilisation. During this time she was given Reiki on a regular basis which, judging by the consistent level of purring forthcoming, she found both comforting and supportive. She is now 18 years old and still going strong.



TO BOOK A DISTANCE SESSION

First, get permission from your vet. Then send the following to me:

1. A photo of your pet with their name written on the back.
2. A completed Animal Case-History and Booking Form (*that you can download from this site*).

On completion of the session, please ring me for feedback on what I found out and what I did to help your pet.

ANGEL WORK

This is not an individual therapy as such; more a way of working. I work with Angels as part of my helping team, with all my clients, regardless of which individual therapy, or mix of therapies, I am using at the time. Thus the Angels are there and helping at all times.

Sometimes their influence will occur in the form of individually channeled meditations specifically adapted for the needs of the individual that I am working with at the time. On other occasions it may take the form of information and advice about the future, their life's path or those around them. This may be channeled directly to the individual or may be indicated indirectly through the medium of various tools such as crystals, cards, or essences. Whichever way they come into our work together, their influences are always profound.

Confirmation of the work that we have done is often provided by the Angel through your dreams, by the occurrence of synchronistic events or frequently by the appearance of a small white feather. This is, in effect, the Angels saying "We hear you. We are here with you".
