



CHI HEALING

What is Chi Healing?

Chi Healing is based on ancient Chinese Taoist medical philosophy which works from the principle that illnesses, stresses and strains are the result of imbalances and energy blockages in the body. Emotional, mental and physical stresses strongly affect the whole body's natural energy flow.

'Chi' means 'intrinsic energy' which moves fluidly and expresses itself infinitely in all life forms. Harmony, vitality and health depend on the circulation and free flow of Chi energy within the body. Chi Healing harmonises imbalances and allows the body's natural healing energy to flow to areas most in need and disperses congested energy. It gradually realigns the emotional, psychological and physiological levels of energy that run through the body and helps the whole being to return effortlessly to a state of balance, deep relaxation and well-being.

What are the benefits of Chi Healing?

It is non-invasive and does not use touch, needles or manipulation. Chi Healing is very effective in treating a wide range of conditions including nervous disorders, depression, trauma, asthma, PMT and menopause, back ache and pains and disorders of the internal organs. Sports injuries such as muscular cramps, sprains and aches are helped to heal more rapidly.

Documented benefits of Chi Healing include:

- * relief from chronic pain
- * release of emotional blocks and negative emotional patterns
- * reinforced self-awareness for clearer focus and improved self-confidence and self-expression
- * feeling of well-being and improved ability to cope with stress

Individual sessions

The healing session lasts for about one hour and is given with the client fully dressed, preferably in loose fitting clothing to allow for movement. After a heartbeat meditation, the session usually begins with the demonstration and practice of a simple Tai-Chi or Chi-Kung exercise which helps focus the awareness on the body's energies.

The client can be in seated or reclining position for the remainder of the session during which the healer uses pauses and gentle movements of the hands to sense where energy is blocked or unbalanced and then frees up the flow to restore harmony. If appropriate, specific audible sound vibrations are used to awaken, cleanse and re-vitalise the body at cellular level.

Clients who practise the Tai-Chi or Chi-Kung exercises shown during the session or classes tend to maintain long lasting and powerful healing results as their own self-healing process is initiated by tuning into the Chi healing frequency. However, the healing works even with the sceptics!

Practical notes

Eat lightly and do not have strong drinks such as alcohol or coffee on the day of and the day before the session. For about 2 hours after the session, try to engage in 'rest' or 'quiet' mode as the body continues its healing return to equilibrium. A cycle of sessions initiate a natural energy process that can continue for weeks depending on the recipient's capacity to absorb the energy.

Sessions cost **£35**

For further details and appointments phone:

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