

It is the birth of Spring that lightens our steps after a dull, wet and cold winter. Our gardens and countryside come alive after the winter and Spring gives us hope for rejuvenation in our own lives and is a time to, perhaps, renew the excitement and zest for life that lives inside us all.

Yet often we find ourselves putting limitations on our own capabilities. There is a passage I read recently that mirrors that thought:

“Limitation is like a bird whose nature it is to fly, but chooses only to walk and remain grounded. He does not stop being a bird, but it does alter his expectations of life significantly.”

Reiki can lift your energy levels, nourishing, recharging and strengthening each individual cell in your body, helping you to feel more focused on the future.



Thoughts and feelings can affect everyone from time to time. If you have negative thoughts or negative feelings about yourself, the flow of energy around your body becomes disrupted causing imbalances physically, mentally and emotionally. Reiki promotes relaxation helping you to feel calmer, relaxed and reduces stress levels. After two or three treatments there is usually a noticeable difference in your wellbeing.

Reiki is fast becoming an accepted presence in both hospitals and clinics and can also help with the following;

- Relieves Depression
- Promotes Health and Wellbeing
- Encourages Mental Clarity
- Releases Stress and Tensions
- Reduces Anxiety
- Improves Sleep
- Aids Relaxation

- Strengthens Self: Esteem
- Heightens Self Awareness

I can also attune you to Reiki, helping you to bring it into your life on a daily basis.

*(Call Anne on **0758 132 0036**)*

