



GAIA HEALING

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What is Gaia Healing

Gaia Healing is a system that channels the Earth's vibrational energies and other universal energies through the therapist's hands into the recipient, dissolving blocks to health, balancing the emotions, energising the body and facilitating the healing process.

The Experience

Your session will start with a brief discussion about any issues you may be experiencing, these may include medical concerns, personal problems, anxieties or fears. I recommend an initial session of 90 minutes followed by 50 minute follow-up treatments if required. I will place my hands on or around your body feeling for blockages in the body's energy field. Afterwards there will be time talk about your experience, which is unique to everyone. Most, however, will find themselves deeply relaxed, balanced and with a sense of clarity.

Gaia Healing Can Help:

- Anxiety and Stress
- Depression
- Panic Attacks
- Despair
- Sleep Disorders
- Fears and Phobias
- Confidence
- Anger
- Creative Blocks
- Exhaustion
- Bereavement
- Rejection

Please contact me direct by telephone or email to book a session and have a Confidential chat to find out how Gaia Healing may help you.