

What is Reiki

Reiki is a Japanese healing method that helps with stress management. The technique is administered by the laying on of hands and is based on the idea that all living things have a special energy flowing through them called life energy. When your life energy is high, you'll feel strong and confident, be more relaxed and centered and less likely to get sick. When it is low, you'll often feel tired, be more easily affected by stress and less resistant to illness. Reiki helps to bring your energy back into balance allowing clarity, reduced stress, energetic balance and relaxation.

Meditation

Our Qualified Meditation Teacher holds regular Meditation Groups that explore the following Meditation styles:

- Progressive Muscle Relaxation***
- Guided Visual Meditation***
- Mindfulness Meditation***
- Chakra Rebalance Meditation***
- Positive Self-Talk/Affirmations***
- Sound Chemistry***

Tickets Available Online

Connect

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Balanced Chakras

Crown - To Know - Thought

Understanding, Enlightenment, Consciousness, Open minded, Connected, Inspired

Brow - To See - Light

Intuitive, Imaginative, Visual, Insightful

Throat - To Express - Sound

Self-expressive, Creative, Honest, Communicative, Healing

Heart - To Accept - Air

Compassionate, Forgiving, Balanced, Understanding, Joyful

Solar Plexus - To Act - Fire

Confident, Warm, Empowered, Energetic

Sacral - To Feel - Water

Spontaneous, Social, Passionate, Trusting

Base - To Have - Earth

Grounded, Healthy, Safe, Patient

What is a Chakra or Energy Centre

What is a Chakra or Energy Centre?
Any of several points of energy in the human body aligned along spinal nerves centres that relate to particular emotional attributes



Imbalanced Chakras

Crown - Ask

Depression, Anxiety, Confusion, Apathy, Loneliness

Brow - Visualise

Indecisiveness, Confusion, Poor Insight, Bad Dreams, Migraines

Throat - Express

Unable to Express, Indecision, Dishonesty, Sore Throat

Heart - Forgive

Fear, Grief, Coldness towards others, Feeling broken, Unloved, Heart related issues

Solar Plexus - Laugh

Anger, helplessness, powerlessness, stomach related issues

Sacral - Nurture

Lack of Spontaneity, Rigid beliefs, Sexual Issues

Base - Nature

Lack of Security, Money Issues, Addiction, Low Self-Esteem