

Services I can offer your clients:

1. **Breathing and relaxation classes** for groups and individuals (all geared towards stress relief, opening creativity, focusing the mind, etc.)
2. **Meditation classes** for groups and individuals (all geared towards stress relief, opening creativity, focusing the mind, etc.)
3. **Reiki healing**: only individual sessions. This is a form of (non-denominational) energy healing which assists the person on a physical, mental and emotional level. Client will feel relaxed and refreshed after.
4. **BARS sessions**: A BARS process is a simple process where you are given the opportunity to relax and rejuvenate whilst certain trigger points on your head are being stimulated. These trigger points, stimulated through touch, activates a variety of functional areas in the brain and therefore in the body. It can assist with the following areas:
 - Relieves stress in general, leaving the entire body feeling relaxed and energized after
 - Provide a calm, clear mind
 - Stimulates creativity, kindness and peace.
 - Improves awareness, communication and healing.
 - Makes you feel more in control

It works through basic principals of quantum physics where our body is made up of energy. When there is stress, anxiety, anger, etc. it creates an energy block. Through testing it has been discovered that by touching these areas on the head, the flow of energy is restored in various areas of the physical body and brain, creating healing. This is how even elements like creativity can be activated. Great results have been seen by many. There are 32 bars of energy that run through and around your head that connect to different aspects of your life. We call all of the points you touch when using this modality "The Bars."

They store the electromagnetic component of all the thoughts, ideas, attitudes, decisions and beliefs that you have ever had about anything. For example; every thought you have ever had about money that you considered important, the energy of that thought is stored in the Bar called "money."

There are Bars for healing, body, control, awareness, creativity, power, aging, sex and money; 32 different ones in all. Each Bar corresponds with that aspect or area of your life that it is named. Touch one Bar and you

begin to clear away the energy locked up in that area or aspect of your life just by touching it. Add in touching another BAR and you not only get the "issues" from the first BAR, you also begin clearing the "issues" stored in that second BAR. As well you clear all the points of view about those two Bars in relation to each other, allowing for exponential change.

Just by gently touching the Bars you effectively erase everything you have ever stored there. Just five minutes can erase 5,000 to 10,000 years of stored points of view. What is the value of erasing this bank of data you have stored all this lifetime, and every lifetime?

When you are functioning from preconceived points of view about what is possible in life, what is not possible in life, and have it rigidly defined of how the world works, you can not be aware of anything that does not match that.

Each thought, idea, attitude, decision or belief that you have fixed in place solidifies the energy and limits your capacity to change anything in that area. You change the energy, you change how that part of your life shows up. What is the most simple and easy way to change energy? Get your Bars touched! When you do, something different can show up in your life with ease.

At worst you feel like you have just had the best massage of your life. At best your whole life can change into something greater with total ease. This is an incredibly nurturing and relaxing process, undoing limitation in all aspects of your life with out any effort. It is well worth a try

5. **Psychic / mediumship sessions:** I can offer the client assistance in connecting with crossed over loved ones or with their future decisions regarding any aspect of their lives.
6. **Angel card readings** if required. Individual sessions again only
7. **Counseling and life coaching:** private, individual sessions assisting in issues the individuals might have related to any aspect of their lives.
8. **Color therapy:** here we can do group sessions or individual sessions. Using color we can release stress from the body and take the person to a place of calm focus. We use a variety of color in different areas of the body to assist relaxation and healing. It is simple, easy and any one can participate.
9. Expressed emotion (behavior) vs Suppressed emotion (behavior): using a technique called **EFT (emotional freedom technique)**, based on tapping, we release certain emotions / behaviors and replace them with innate

behaviors /emotions. For example: your innate state is to be peaceful, yet your expressed emotion (behavior) is to be argumentative. Every time you argue you'll feel tired and drained. It is because it is not a true reflection of you. By releasing the acquired emotion / behavior you'll return to your true state, in this example, a peaceful state. This is for individual sessions only and can really add great value to those who feel unworthy, insecure, unloved, etc.

10. I am a qualified **Dietitian** and can assist with sessions and talks about good nutrition related to general good health, stress management, fitness, etc. It will obviously not include actual meal plans but rather just general advice.
11. I have done my Vitality exam but still need to complete get practice approval. As soon as I have done so I shall let you know.
12. For your clients who want to lighten up a little, I can offer fun activities to enhance laughter (stress relief) and team work. This works best in group session format where we can get different team members to perform different tasks and then different teams to compete against each other (in a non-threatening way).
- 13. General counseling:** I can assist those who have issues; be it work or personal related with emotional or mental issues they are struggling with. I can offer group sessions where we just provide general tools which will assist those in corporate, such as: better communication, understanding each other, conflict management and resolution, etc. Or it can be offered on an individual level.