

Blissful Awakening Workshops

A day with the Angels - a beginner's introduction to connecting with the angels



This inspiring one-day workshop will allow you to connect with the beautiful and loving energy of the angels. What do Angels mean to you? How can you connect with them in your daily life and what messages are they sending to you?

Come and meet your loving Guardian Angel in a safe and nurturing environment and open the door to your connection with your own divine light.

Connecting with the Ascended Masters - a beginners introduction

This divinely inspired one day workshop, will further your connection to the angels and introduce you to the Ascended Masters of the Light, such as Kuan Yin, Buddha, Mary Magdalene, St Germain and Jesus. In this safe, loving environment, you will learn about the qualities and energy of the ascended masters and how you can work with them in your daily life.

If your heart yearns for a connection to these divine and loving energies then this workshop is calling you!

For further details and pricing information please visit www.healing-essence.co.uk or email info@healing-essence.co.uk

Terms and Conditions

A £5 non-refundable deposit will secure your place on your chosen workshop, with full payment at least one week before. Cancellations for workshops and treatments must be made 24 hours prior to your appointment. Cancellations made any later will incur a full rate charge.

About Helen

In 2004, I took a real leap of faith, quit my job and began my journey of becoming a Reiki Practitioner and therapist in Eastbourne.

I completed my initiation and attunement into second degree Reiki in the summer of 2004. By 2005 I was running a marketing consultancy business, trained to become a teacher of the *Blissful Awakening Workshops* and provided a welcoming, successful Reiki healing practice. In April 2010 I became initiated as a Reiki Master and Teacher of Traditional Usui Reiki and now offer Traditional Reiki training days.

With two young boys, a busy home life and practice, I have become more aware just how tricky it can be to remain connected and live in the 'real' world. It is with this growth and awareness, that I have begun to celebrate my wonderful achievements and also be accepting of my failings. For we are, after all human!

I provide a safe, nurturing healing space in Eastbourne for clients, including mums to be, parents and often their children too.

In addition to my treatments, I have also developed my own set of Blissful Awakening workshops for adults and child focused workshops inspired by the Angels and the Ascended Masters. These light and joyful energies have shown me that we are not alone, whenever we need assistance and guidance, they are always present - whether we can see them or not. You don't have to have a special gift or talent, you simply need to trust and believe in your heart.

Contact details

Reiki appointments and Training days with Helen are available in Eastbourne and Lewes.

Availability

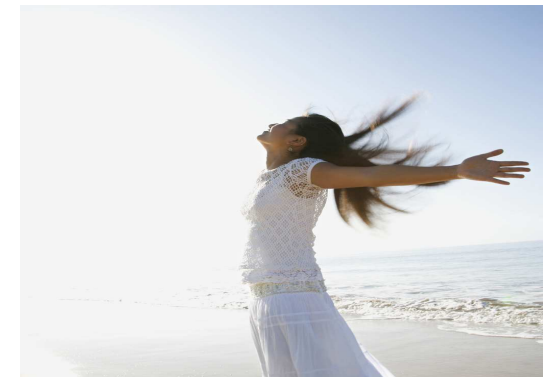
Tuesday 10am to 12pm

Wednesday & Thursday 10am to 4pm

* Please note alternative times are available upon request

Holistic Treatments with Helen McCarthy

- o **Angel Reiki**
- o **Traditional Usui Reiki**
- o **Reiki Training**
- o **Chakra Balancing**
- o **Blissful Awakening Workshops**



Why not take a moment to indulge in some quiet time!

Tel: 01323 732056

Mobile: 07979 815411

Email: info@healing-essence.co.uk

Web: www.healing-essence.co.uk

I am a Traditional Usui Reiki Master Teacher and attuned to Angel Reiki Level II.

I often combine both forms of Reiki during a healing session. These different forms of Reiki healings, blend together to offer a complete treatment that not only keeps the body in balance, but also gently helps to release any pain or fears that you may hold, whilst being supported in a safe and nurturing environment.

Traditional Usui Reiki

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Usui Reiki is a fantastic therapy to recharge the body and balance the chakras'. It accelerates the body's natural ability to heal, cleanses the body of poisons and brings harmony to the body, by relieving physical and emotional blocks.

Reiki is the Universal life energy, which is all around us. This form of healing evolved in Japan and is a very gentle, yet powerful form of healing and can be used, to clear blockages that occur through our day to day life including emotional thoughts and fears that we hold onto.

Reiki is an excellent nurturing treatment for anyone looking to boost their energy and bring a sense of well-being and relaxation.

Reiki helps to maintain a healthy balance of mind, body and brings clarity, focus and a sense of purpose. Reiki can also be used to help relieve the problems associated with stress, tension, chronic illness and post-operative pain.

Angel Reiki



Angel Reiki is a truly beautiful therapy for those looking for a safe, nurturing unconditional feeling of love.

It invites in the loving and lighter realms of Angels and Ascended Masters to help us balance the body, mind and soul.

Angel Reiki works on the 7 chakras' throughout the body and helps to accelerate the body's natural ability to heal, re-balance and re-energise.

It loosens up blocked energy and promotes a state of total relaxation. Angel Reiki heals the cause and eliminates the effects of imbalance. It brings clarity, focus and a sense of purpose.

Traditional Usui Reiki Training



Attune to the fabulous energy of Reiki. Learn how to treat yourself and family members or progress to become a Reiki Practitioner and Master/Teacher level.

Reiki training days consist of two consecutive days of attuning to the Reiki energy within your chosen level. Both Reiki training levels provide you with a certificate and manual.

Class levels are kept small to ensure you get all the time and support you'll need, to learn the techniques and symbols involved in receiving and giving Reiki.

Reiki Level one (Healer level) – You will receive four attunements, opening you up to Reiki energy and increasing the overall flow of energy within your system. You will learn the history and background of Usui Reiki healing. Following this, you will be guided through the techniques involved in giving yourself a Reiki treatment and how to treat family, friends and pets. There will be in-depth training and lots of time to practice the techniques during class.

It is recommended that you wait at least three months before you attune to the next level of Reiki.

Reiki Level two (practitioner level) – You will receive two further Reiki attunements, which will greatly increase the flow of energy within your system. You will be shown the distant healing process and its benefits. Level two is about emotional and mental healing, along with ethics and techniques on how to give a professional treatment and become a practitioner of Reiki should you wish to.

Visit www.healing-essence.co.uk for the latest training workshop dates and prices.

Training days are ideal for those to recharge their Reiki attunements and receive a certificate to confirm their continued development.

Helen is 'A Member of the Reiki Association, a community of people initiated into Reiki'

Chakra Balancing

Balancing your chakras improves your health and wellbeing, physically, mentally and emotionally.



What is Chakra Balancing?

Chakras are discs of light within your body. There are seven main chakra points located along the spine, from the base up to the crown of the head. Each of these chakra points is represented by a colour.

Chakra points are our energy centres and keep the body and mind healthy. The brighter they are, the fuller of energy they and we are.

Each chakra point can absorb energy from our thoughts, feelings and from the environment in which we live in. The more we absorb negative energy the more likely these chakra points begin to dull, which can lead us to feel unmotivated, tired, unhappy, angry or suffer from ill health.

Chakra balancing treatments assist with sending energy to each of these points, cleaning and clearing them of negative or stale energy with the elements of earth, fire and water. This in turn allows us to feel revitalised, motivated, cleansed and often give us a better sense of clarity on how to deal with day to day issues.

The more frequent we take time out to balance our emotional, mental, physical sides the better we feel.

All treatments £33 for one hour