



HEALING JOURNEYS WITH PAUL WAKEFIELD



Healing Journey through Reiki Master

50 minutes /80 minutes

Reiki is a healing modality which deals with chi (life force energy). Chi is all around us, it is in all living things. Sometimes we have blockages in our bodies that prevent chi from flowing evenly, which can have an effect on our mental or physical well-being. During a Reiki treatment the Reiki practitioner places hands on the client to move energy through the Chakras within the body, clearing out blockages and allowing chi to flow freely. Reiki balances and harmonizes energy, reduces stress and promotes healing. Reiki is not associated with any form of religion, and is safe for everyone.

Healing Journey through Hypnotherapy

80 minutes/ 110 minutes

Take you on a journey to discover and heal from self-limiting beliefs, habits and experiences that hinder your health and wellbeing. If you want to make some serious changes in your life, take back control or merely de-stress, then hypnotherapy (“hypnosis”) can work for you, thereby increasing your life’s potential & optimal health.

Intuitive Counselling

80 minutes/ 110 minutes

Intuition is our deep inner knowing, our innate wisdom and it can lead us to a path of highest good. Intuitive counselling is the practice of accessing inner wisdom through the help and guidance by a power greater than ourselves, let go of the past, overcome challenges and limitations and establish more meaningful connections with those around us to reach through well-grounded and caring manner will put you instantly at ease. Through visual creativity, guide you through whatever is troubling or confusing and go forward with renewed vigour and new choices.

About Paul

Paul qualified diploma in Clinical Hypnotherapy recognised by the UK General Hypnotherapy Standards Council (GHSC) and completed all levels of Reiki and supplementary Reiki courses namely Psychometry, How to read the Aura, Developing Psychic Awareness (DPA), Pendulum Diagnosis, Transcending Entities and Transmutations and Crystal Healing.

He has been a Reiki Master since early 2013 and qualified as a Reiki Master-Teacher in May 2014. Since then he has taught more than 50 students in all aspects of energy healing. His specialities in a treatment are in resolving emotional issues (which form energy blockages), past-life (Karmic) blockages and ‘foreign energy’ removal including black magic, entities and other ‘external’ influences. All sessions are carried out in a respectful, non-judgmental, loving manner interspersed with humour when appropriate

He has been involved in major Earth energy clearing projects including the clearing of 5 temples at Angkor Wat (one of the minor Earth Chakras) in December 2012 and numerous house and workplace energy clearings and balancing.

For more information, please contact H&W Reception to book a free chat with Paul