



Healing & Meditation **with Stuart Bold**



An ex international lawyer who left it all behind 16 years ago, Stuart initially spent a “meditative year” living on a deserted beach in Mexico, followed by years of world travel developing a personal meditation and healing practice & lifestyle. He has been a Master, teacher & practitioner of traditional Reiki for over a decade, and has now brought that practice into the world of mainstream medicine.

Stuart combines in his treatments an intimate knowledge of Meditation & Reiki, together with Cranio-sacral therapy, quantum healing, psycho-neuro-immunology and as appropriate, spiritual healing. Bringing together a variety of skills & insights, he allows each treatment to define its own course, based on the individual needs and goals of the client - physical, emotional and (as appropriate) spiritual. He also teaches individual & small group meditation classes, based on the health & wellbeing and cognitive benefits.

Stuart’s treatments are extremely gentle and relaxing, allowing the client to connect with a deep and beautiful inner peace, from which all healing springs. The treatments often lead to far reaching change and improved physical and emotional health and are beneficial for **any** physical, mental or emotional issues plus greater health, wellbeing and peace.

Stuart has worked with the Prince of Wales Foundation for Integrated Health (FIH) and is the first NHS appointed Reiki practitioner working at the world renowned Addenbrookes Hospital, focusing on cancer patients. He is co-establisher of the UK Guild of Professional Healers and the founder of the Meditation Foundation, a social enterprise promoting & delivering the evidence based benefits of non-religious meditation practices into hospitals, hospices, schools, prisons, addiction clinics etc. 10% of his personal treatment fees go to support the work of the Meditation Foundation.

I have delighted in working with many people, from new babies to the elderly, to those in good health and those who are not. Whilst I do not guarantee any specific outcome and do not seek to diagnose, I can say I have built a good reputation based on healing treatments given from the heart. I hope to help each client improve health, wellbeing and inner & outer peace. STUART.