

KINDNESS OF THE HEART.
BREATH OF LIFE


Holistic Usui Reiki Therapy



with Katie Kalyani

Experience the gentle healing
energy of Reiki

*With Heart centred devotion, Divine Light
and Holistic Practice.*




Experience the unlimited nature of Reiki and all it has to offer as we move through all four pillars of the body; physical, mental, emotional & spiritual. Reiki is a beautiful way to travel deep into the seat of your subconscious, releasing any blockages in the subtle body, suppressed emotions, anxiety and stress, and anything else that no longer serves you and your higher self. Connect to your mind, body and soul, as one.

I work holistically and shamanically, using a combination of energy work, crystals, sound frequencies such as Isochronic & Solfeggio tones, sacred essences and mantra to help cleanse the aura and the spirit. Within the whole session I also include breath work, meditation and a sharing with tea and oracle card reading to end.

Feel lighter, more grounded, energised, connected & aligned. Gain more clarity and a deeper understanding of self to assist you as you move through life. The more you allow yourself to surrender and receive, the more you will experience it's boundless effects.

You are held in a safe and sacred space, where all is welcome and accepted. A session is just the start of your journey and the effects of the work continue far beyond the treatment room. After receiving just one session, clients have experienced spirits and blockages actually lifting from them during the treatment, and most report huge shifts in their life after our time together, described as a subtle, yet deep healing in their heart and their spirit.

So, what is Reiki?



Reiki is a therapy often described as palm healing or hands-on-body healing in which a practitioner places hands lightly on or over a patient's body to facilitate the patient's process of healing. Usually the hands hover over the body and with the client's permission, sometimes the palms rest on the body too. Reiki is transmitted through the hands onto and around the subtle body, aura and the koshas (layers of the auric field). This is a very gentle, non-invasive healing modality.

A complete Reiki session is offered to a fully clothed recipient who is lying on a treatment table, yoga mat or sitting comfortably supported in a chair. Most commonly, Reiki is offered through light, non-invasive touch with the practitioner's hands placed and held on a series of locations on the head and front and back of the torso. The placement of the hands should never be intrusive or inappropriate, nor should there be any pressure.

What might I experience?

"I feel very refreshed and seem to be thinking more clearly." "I think I fell asleep." "I can't believe how hot your hands got!" "I feel more relaxed than even after a massage." "My headache is gone." These are some of things people typically say after a Reiki session.

The experience of Reiki is subjective, changeable, and sometimes very subtle. People often experience heat in the practitioner's hands, but sometimes the practitioner's hands feel refreshingly cool. Other common experiences are subtle pulsations where the practitioner's hands are placed or cascading waves of pulsations throughout the body.

People often comment how comforting they find the experience of Reiki to be. An interesting study reported that recipients frequently feel that they are hovering in a threshold state of consciousness simultaneously aware of their surroundings and deeply indrawn. Some people fall into a deep, sleeplike meditative state. Sometimes the experience of Reiki is dramatic, while for other people, the first session in particular may be uneventful, although they feel somehow better afterward. The most common experience is an almost immediate release of stress and a feeling of deep relaxation.

Reiki is cumulative and even people who don't notice much the first time usually have progressively deeper experiences if they continue. Besides the immediate experience of the Reiki, you may notice other changes that continue to unfold as the day goes on: perhaps stronger digestion, a sense of being more centered and poised and less reactive, and sleeping deeply that night.

In Preparation for your Reiki Session

The first session will be slightly longer than usual because I also include a consultation so that I can work holistically with you and your needs.

Here are a few suggestions you may wish to consider before a session:

1: If you have music that you particularly enjoy and which is relaxing, bring it to your session and ask me to play it.

You can also request silence if you prefer.

2: Use the rest room before your session so that you are able to lie down comfortably.

3: Especially if you have any shyness about being touched, ask me to show you the hand placements before starting so you are very clear what to expect.

4: Let me know your needs before you start. For example, if you have trouble breathing and lying flat is uncomfortable, say so. Or mention if you have had surgery recently and don't want to be touched where the scar is still tender (I can float my hand here). If you are pregnant or have digestive complaints, it may not be feasible to lie on your stomach. Please inform me of anything you feel is important.

As the session progresses, you will feel more relaxed. If you become uncomfortable, you can adjust your position at any time. Be sure to ask for anything that will add to your comfort, such as additional support under your knees or a blanket. This is your special time and your practitioner is there to help you.

Receiving Reiki is a wonderfully passive experience. Don't try to relax, just let the Reiki relax you. Your state will shift quite naturally as the session proceeds. Meanwhile feel free to daydream, enjoy the music, or simply observe your breath or the sensations of the therapy.



What happens after the session?

Do not expect a diagnosis, as that is not part of Reiki. Some practitioners may make common sense suggestions for after-care, such as drinking water and following your body's needs.

Although people typically leave a Reiki session feeling refreshed, sometimes they notice feeling more tired in the evening than usual. This is not viewed as an adverse reaction, but rather as the body's natural healing response, something to be heeded. People commonly report a sense of calm and mental clarity and sleeping well after Reiki.

How many sessions should I receive?

Your practitioner may suggest a series of sessions. Four sessions is a traditional recommendation and gives you time to evaluate what benefits you are receiving. Discuss with me how best to space the sessions to suit your needs and your schedule. In the presence of a serious health challenge, Reiki practitioners often

recommend four sessions over four days. These need not be given by the same practitioner.

What is Reiki known to heal?

Your session will last between 30 to 60 minutes depending on your specific needs.

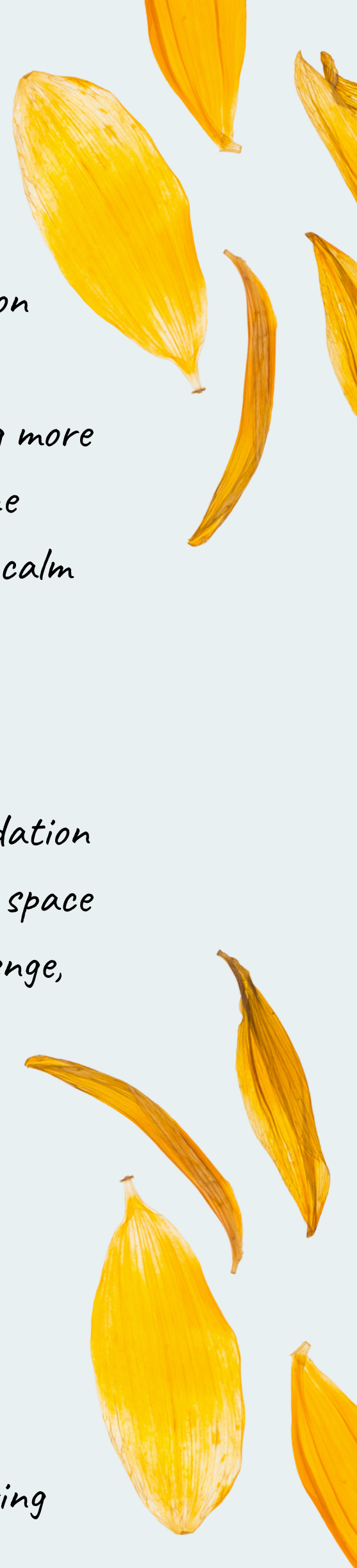
A 30 minute session might include Reiki healing with crystals, soft music and a closing sharing

Some of The Health Benefits of Reiki

Helps reduce pain
Improves sleep
regulates moods
regulates sleeping patterns
Relieves anxiety
Relaxes blood pressure
Treats depression
Encourages a sense of calm
flushes out emotional trauma
Decreases headaches, tension
Decreases post-operative pain
Encourages mental clarity
Helps with recovery
Supports calm for kids and teens
Heals the chakras



Decreases period pain
Increases cognition in elderly people
Increases concentration
Increases memory
Balances the mind and emotions
Clears the auric field of negative debris
Balances the aura and koshas
Encourages relaxation of muscles
Calms mood disorders
Encourages the body's natural ability to heal
Encourages growth in house plants
Brings calm to anxious animals



Before a Reiki treatment with me, please contact your GP to discuss that you want Reiki therapy as part of your treatment and make sure it is allowed to be a part of your healing program, I need confirmation of this.

Pricing

First session includes a consultation: £120 for 90 minutes

I highly recommend having at least another 3 sessions with me to allow the Reiki to take effect.

60 minutes: £60/ €65/\$80

This includes some shamanic elements and a sharing over herbal tea.

90 minutes: £90/€100/\$120

This includes all shamanic elements as well as meditation, breath work, sound healing, oracle card reading and a sharing over herbal tea.

Home Visits: Contact me for rates.

Struggling Financially? Lets discuss how I can help you.

Available to offer my services for free or donation based for charities and community projects such as domestic abuse survivor organizations, BLM or refugee centres.

A deposit is needed to secure your time and date
The remaining amount to be paid on the day of Treatment. A receipt showing proof of payment/session has occurred will be given to you.

Payments are accepted by cash or bank transfer (ask for details)
Thank you.

Please note there is a 24 hour cancellation policy. Charge will be made for cancellation less than 24 hours in advance.





Katie Kalyani is an intuitive Ayurvedic yoga teacher, women's circle facilitator and reiki master teacher.

Her teachings are holistic, down to earth, rooted in mysticism and the rhythms of nature. She specializes in Chakra balancing, working with goddess archetypes and sacred ceremony with cacao, herbal fusions, honey, flowers and belly dance. Her classes are of a sensory nature and steeped in nourishing sweetness, love and a glimmer of magic.

Bringing aromatherapy, sound healing, oracle cards, flower offerings, herbal teas, visual journeying and sacred beauty into the surroundings as she holds space for clients.

Katie was attuned as a Reiki Practitioner by renowned Reiki Master Teacher Joanna Lewins (The Love Yogi) in Bali, April 2019 because she felt drawn to Joanna's wisdom & knowledge of shamanistic practice which Katie is cultivating within herself as an initiated priestess of the divine feminine. She was attuned as a Reiki Master Teacher soon after in September 2019.

At present she is studying herbalism and Bach Flower Remedies and in her free time she writes articles for yoga wellness sites. Katie aspires to continue her growing passion for herbs and Ayurveda and to blend it with yoga, somatics, counseling skills and energy healing

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www.instagram.com/katie_wild_yogi/

As well as Level one & two Reiki attunements. Katie also facilitates a year long Priestess initiation with 8 workshops centred around the 8 Sabbats and 8 goddess archetypes connected to the seasons. Contact her for more details.

