

## ***Angelic Reiki***

*Angelic Reiki is the channeling of pure healing energy from the Angelic Realms. I am simply a bridge, or conduit, for your body to receive this energy enabling it to start the healing process where it is most needed. It is a joy to work with this energy and was the beginning of huge changes in my life.*

*This healing energy is wonderful for enhancing energy and reducing stress, pain and fatigue and is also excellent after injury or surgery as it will speed up the body's natural healing process. A safe and natural way to treat emotional, physical and mental problems as well as for spiritual development.*

*For a treatment you can expect to lie down, or sit if you prefer, and simply relax whilst listening to gentle music. You remain fully clothed and it is suitable for everyone including pregnant woman and children. The healing flows to exactly where it is needed and continues balancing and harmonising the body after the session has finished.*

*I trained with Kevin & Christine Core, the founders of Angelic Reiki and fell in love with it and now, a few years on, I teach it myself as well as giving individual treatments.*

*Life is truly amazing.*

### ***Angelic Reiki Workshops***

*Level 1 & 2 will take you to Practitioner Level and Level 3 & 4 is the Master Teacher Workshop. Both workshops take 2½ days and are usually held at weekends.*

*Level 1 & 2 is very popular simply because people want to be able to treat their loved ones and friends – and, of course, themselves!*

*Separate Angelic Reiki pamphlets are available to download [here](#)*

### ***Spiritual Self Development Groups***

*The focus is on individual spiritual growth, healing and development within a safe & supported space with the benefit of the increased power of group energy in structured sessions.*

*Please ring me if you are interested ~ places are limited*

## ***Emotional & Physical Healing with Angelic Reiki & Colour Light Therapy***



***Meadowhead, Sheffield S8***

***Tel: 0114 2747772 or 07864 960046***

***Email: [jmlynn@hotmail.com](mailto:jmlynn@hotmail.com)***

***[www.healerfound.co.uk/therapists/julialynn.htm](http://www.healerfound.co.uk/therapists/julialynn.htm)***

***Member of The Healer Foundation & British  
Complementary Medicine Association***

## Colour Light Therapy

Hello,

*I have successfully spent the majority of my working life in the business world. I had, I was told by others, achieved more than I needed to be content and happy. Inside I didn't feel like that at all - and then I discovered Angelic Reiki and shortly afterwards Colour Light Therapy.*

*They quite literally changed my life and, more importantly, they completely changed my outlook on life. I'm not suggesting that everyone should make such dramatic changes to their lifestyle as I did, but what I do know is that these therapies can help you towards a life that could be far more enjoyable. I know this because they worked for me – emotionally, physically and spiritually as well.*

*With Angelic Reiki & Colour Light Therapy, either individually or combined, we can work with the root cause of any problems rather than just the symptoms or effects. Together with other techniques, some of which you can work with at home on your own, it is possible to resolve many issues. I invite you to give me a call – all you need is an open mind and a willingness to be open to change in yourself and your world!*

*with love ~*

*Julia*

*A profoundly effective technique based on the scientific research that the body's cells naturally communicate with each other through the frequency of light. A penlight torch is used to give a finely focused beam of light in 11 different colours. The light is applied to acupuncture and other points on the skin and reaches deep into the cells with its healing message.*

*The memories of past traumas are held in our cells influencing the way we respond, physically and psychologically, to events in the present. Through Colour Light Therapy a person can begin to resonate with their natural capacity for health and wellbeing. It is effective to treat a wide range of physical conditions and also for deep personal transformation.*

*A single session can sometimes provide a breakthrough in health or understanding that a person needs to kick start a change in their life. For more profound and lasting results, a series of sessions, which focus on a particular area of personal development may be more appropriate. There are sessions for deep insecurity issues, addictive tendencies, releasing repressed emotions and for helping you to discover your own uniqueness as the individual you really are.*

### Cost of treatment sessions

<i>Initial consultation (if required) inc. first treatment (allow 1 ½-2 hours)</i>	<i>£45</i>
<i>Subsequent treatments</i>	
<i>First hour</i>	<i>£30</i>
<i>Each subsequent ½ hour</i>	<i>£15</i>

### Testimonials

*"Friendly, informal and relaxed. Julia is meant to do this and it shows - her commitment to her path is inspirational."*

*MR*

*"I felt that I received so much more than I imagined in a real and practical way that will have an immediate and profound effect on my life and work. Thank you*

*VG*

*"I was amazed at the efficiency of the Colour Light Therapy for releasing blocked emotions that I had been holding on to for a very long time despite various healing and releasing techniques. This is brilliant."*

*SB*

*"Having suffered the pain of gout for years I was amazed at the relief from pain & the sense of wellbeing after Colour Light Therapy & Angelic Reiki"*

*WL*