

Spiritual Rays Holistic Centre



Welcome

I am delighted to welcome you to my brand new redesigned website! I have run my holistic centre now for over four years and it has been a huge success. During that time I have been very fortunate to meet and help a lot of people. As a healer I believe myself to be a channel for healing energy, the healer of course is God. It is his healing power which is channelled through me and this energy works for the highest good of all my clients.

Healing is my one true passion in life, and so it is no surprise that I continue to train in new therapies all the time. I started with Reiki, Pranic Healing, Holistic Massage, Authentic Indian Head Massage and recently qualified as an Angel & Ascension Teacher with the Diana Cooper School of Angel & Ascension Teaching. I run workshops in Reiki - all levels and I now run one day courses introducing people to Angels and all the wonderful joy and blessings that they can bring into our lives. I am currently training as a Practitioner of NLP (Neuro Linguistic Programming) which is very different to all my previous training and I know with this I will be able to help so many more people to let go of stress and pain from their lives. If you would like to know more about me or discuss any of the therapies I work with, then check out my website at www.spiritualrays.com or contact me at 087-2490972 - I would love to hear from you.

Neuro Linguistic Programming

NLP is a set of insights and skills with which you can actively use your mind and your emotions and your body to run your own life more successfully and to communicate with other people with 'extra-ordinary' effectiveness.

NLP provides a series of tools and methodologies to enable individuals to challenge and change any limiting beliefs, behaviours and habit. You already possess the most powerful tool known to mankind - the human mind. Unfortunately, it didn't come with a set of instructions, so you probably don't yet know how to use your mind to its full potential. This is where Neuro-Linguistic Programming (NLP) comes in. Using tried and tested techniques, NLP allows you to unlock the 'secret code' to your mind's potential, giving you a degree of command over your feelings and control over your thoughts you may never have believed is

Upcoming Events at Spiritual Rays!

Workshops March 2008

Reiki Level 1
29th/30th March, 2008
Workshops/Courses
April 2008

Reiki Level 1
26th/ 27th April 2008

Reiki Level 2
12th/13th April, 2008
Angels Course
5th April, 2008
[Register Here](#)

Holistic Centre Opening Hours

- **Wednesday**
Thursday evenings
7pm to 10pm
- **Friday**
Daytime
10 am to 4 pm
(closed lunch 1 - 2pm)

possible.

NLP Therapy is a short term goal-orientated and practical therapeutic approach to problem solving. Whatever problem you have, NLP Therapy can help.

People have often explored other forms of therapy and counselling before trying NLP. Areas which NLP can help with include coping with stress/stress management, anger management, anxiety, improving performance, pain management; the list is endless.

There are many reasons why choosing to have a One to One NLP session will improve your life. What happens as a result of a session is in your hands. Past problems can be explored and NLP techniques used to set you on a path towards achieving your goals. As well as noticing change in yourself, those around you will notice changes too.

A One to One NLP session last approximately one hour and can be content free. This means the therapist can be effective without knowing about the problem in great detail. Clearly this is a major advantage of NLP over traditional therapies as people seeking therapy may be embarrassed about the idea of discussing personal issues one to one with a stranger. The very nature of NLP removes this hindrance.

As well as being content free, experience shows that NLP Therapy also tends to be fast, typically resolving issues in several brief sessions, which will of course make it very cost effective and much cheaper than traditional therapies.

**NLP Therapy is about action.
it is dynamic and energetic,
making the changes you want
happen now!**

**Special Offers
Now Available
Visit Website for
more details!**

**Gift Vouchers
to cover all
treatments and
workshops/courses
also available on
request.**

***A gift with a
difference!***

Further enquiries:

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