



Reiki and Sound Healing at Joyful Healing

DE-STRESS and RE-BALANCE yourself today

I personally do not know anyone who has never encountered stress at some point in their lives. In this day and age, we seem to be facing it more and more often.

It can affect you in different ways, from sleepless nights, to physical illness, leaving your body out of balance, either physically, emotionally, mentally and spiritually, or any combination of these.

At Joyful Healing, Denise offers reiki and/or vibrational sound healing treatments, using sacred Solfeggio tuning forks, to address this problem of stress and what it does to your body. It rebalances and re-awakens your own unused energies to allow you to self-heal.

What is Reiki?

Reiki is a Japanese hands on, (or hands off) non-invasive treatment, where you receive universal life (rei) force (ki) energy, channelled from the practitioner to yourself. On receiving it you can begin to self-heal, for your highest and greatest good, restoring balance and harmony to your mind, body and spirit.

Your own subconscious, or higher self has an innate ability to know where to send your healing within your body.

Some of the reported benefits of Reiki include:

- Reducing stress levels
- Increasing energy
- Boosting the immune system
- Helping in the grieving process
- Helping you grow in self-confidence
- Complimenting conventional therapies
- Helping to relieve chronic and acute medical conditions

A treatment session is relaxing and enjoyable as the chakra system is balanced and cleared of any blockages. This takes between 60 and 90 minutes. Clients often experience a feeling of warmth, or tingling, and various sensations during the treatment, or maybe nothing at all, but healing will be taking place, then, and for up to 72 hours after the treatment.

Reiki does not claim to cure any illness or disease, but can certainly work as a complementary holistic treatment for you, helping you cope much better with your personal situation, whatever it may be.



What are Solfeggio sacred tuning forks?

Tuning forks offer one type of vibrational sound therapy. They can awaken unused energy sitting in your body and re-balance it throughout yourself, allowing you to feel more energized.

We currently only use 3% of our energy to be in survival mode, so there's a lot left dormant that we can re-distribute. This will help you become revitalised and you can use this new-found energy to self-heal, empower yourself, and indeed manifest change in your life, where you may have become "stuck" or blocked.

The tuning forks offer distinctive vibrational frequencies, measured in hertz, that resonate with the body, chakra and aura systems, allowing the entire human being to self-heal, if the client is accepting of it, on an astral, spiritual, emotional and physical level. Each frequency resonates with each of the first 6 chakras, starting with the root up to the third eye.

- The first frequency is for negative field release, which allows you to release fear and guilt
- The second frequency allows you to create positive change
- The third frequency is for transformation and miracles to take place, as well as DNA repair (which has been scientifically proven, on this frequency)
- The fourth frequency is for help and growth in love and unity
- The fifth frequency is for heightening your intuition and enlightenment
- The sixth frequency is for enabling spiritual light and awareness



Again, a treatment session is relaxing and enjoyable, and promotes self-healing and empowerment of one's self.

Denise

Denise is a member of the Reiki Federation of Ireland, and has been studying and practicing since 2013. She is a qualified Reiki Master.

She is also trained in Sacred Solfeggio tuning forks Vibrational Sound Therapy, through Soma Energetics in USA.

If you feel drawn to de-stress and re-balance your body and life, please contact Denise Hill for a treatment of Reiki or Sound therapy, or a combination of both.



Prices

1 hour Reiki Session. €60

1 hour Tuning fork session €60

Combination of both treatments €100

Workshops

Weekend workshops to learn Reiki for yourself are offered periodically. Learn the history of Reiki, the chakras in the body, be attuned with reiki energy to then be able to use on yourself, and your family and friends.

Please email for dates and prices of upcoming courses at denisehillk@gmail.com.

Small numbers allow greater practice, so spaces are limited on the workshops.

Testimonials

“Fascinating treatment, after receiving close to 3rd degree burns on my entire right leg and foot from a pot of boiling pasta, Denise worked her amazing forks on the area. I can say that I instantly felt a movement of energy and at my dressing change several days later, the nurses were amazed at the rapid healing. I was so intrigued and thankful I needed to know more about the forks, I googled to discover their incredible history and how they are being used in science today. Denise knows her forks so intuitively and brings a beautiful healing energy to her treatment. I'm waiting impatiently for my next session. I can't recommend Denise more highly, she will be a very busy lady when the word is out. Namaste Denise, eternally grateful Aisling”

Contact

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JoyfulHealingWicklow