

Holistic and Conscious Wellbeing For Life



holistify
Elevated wellbeing for everyone

Welcome Letter

I am excited that you have decided to jump in and explore the incredible and ever-growing industry of Holistic and Conscious Wellbeing. Here you will find a wealth of information which can help you on your own journey, to a happier, healthier and more connected sense of Self.

So, let us start with the concept of Holism. It states that nothing can be fully understood unless one sees the whole system of which it is part; that is the whole is always more than the sum of its parts.

When applied to our health our wellbeing, we can consider it as a whole-person approach, aiming to create resilience, prevent disease, encourage wellbeing, promote longevity and guide us in fulfilling our higher purpose.

In this way, Holism considers many aspects of the individual, such as:

- Physical: The health of our body, its systems and functions
- Mental: Our engagement with the world through creativity and cognition
- Emotional: Our awareness, acceptance and expression of our feelings
- Spiritual: Our intuition, divine connection and true nature and purpose
- Social: Connecting and interacting with and contributing to our communities
- Environmental: Our connection to the natural world

As you explore through this booklet, you will quickly see that the disciplines and health systems within, use a holistic or integrated approach. This means they assess health and balance of the individual as a whole, by considering the different aspects above, together. They aim to look beyond symptoms of illness to find the root cause.

While it is true that when ill health strikes us, the conventional medical response of making a diagnosis and a prescribing treatment can be lifesaving on its own. Sadly however, this is rarely enough.

What is often overlooked is the uniqueness of the individual and the contexts of their life. This is where the deeper meanings are found. By labelling the suffering and then applying the fixed remedy for it, we risk misunderstanding, and may focus on the wrong problem, which can lead to further or perpetuating dis-ease.

I also find that the convention medical system, and sometimes our culture in general, have a higher degree of focus on illness, rather than the full spectrum of health.

The wellness end of this Health scale is often ignored, or only considered in some isolated parts, rather than from an integrated view. For example, we may focus on physical fitness to improve our overall physical health, but forget about what we eat, our sleep, stress levels, and the pollution of the city in which we live.

The full spectrum of health, and integrated approach to health and wellbeing is what I am passionate about. To me, it is not just about dealing with illness end, but also maintaining and improving on the fitness end of the scale – in all areas, emotional, mental, spiritual and so forth.

When we as humans embrace this whole-health, holistic approach, I know there will be a step-change in society like nothing before!

Of course, it will mean greater disease prevention and a higher standard of general health in our societies. And while the economic benefits of this, to ourselves, our current health care systems and society in general, should not be downplayed, the benefits are far greater still.

When we communicate from emotional intelligence, when we focus on collaboration in our communities, when we respect our planet, when we strive to see the divine in ourselves and in each other, when we use our intuition and create in line with our own true purpose, then, then we will start to create a world for the better.

A true holistic approach goes beyond physical and mental health, it is seeing the universe and everything in it, including ourselves, as connected, as One.

Seeing ourselves as part of the greater whole, and the greater whole as part of us, means that what we contribute through our whole existence in every aspect, matters. It is our responsibility to create our whole world and ourselves for the better.

My aim in sharing this booklet with you, is to showcase the wide range of holistic and conscious wellbeing techniques, treatments, disciplines and whole healing systems that exist in the world today.

Each of them, whether used for a preventative, restorative or elevating purpose, all are there to provide you with a more holistic, more personal and less industrial approach so that you can better care for yourself and better create your gifts in the world.

I wish you connection, love and excitement as you explore and embrace holistic and conscious wellbeing.

A handwritten signature in black ink, appearing to read "Joanna Harris", with a long horizontal line extending to the right.

Joanna Harris

Founder and CEO, Holistify



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Acupressure



Acupressure is a form of Chinese medicine and was created in Asia over 5000 years ago. It is based on the principle that a form of energy called Chi also known as Qi or Life-force energy, flows through a series of 14 channels called meridians and seven central points called Chakras, which are all interconnected.

Each Meridian supplies a specific organ and different area of the body with the correct flow and intensity of Chi.

Acupressure is a non-invasive form of Acupuncture where pressure, tapping or light touch is applied to pressure points along the meridians to restore and balance the flow of Chi.

What are the benefits of Acupressure?

When the flow of Chi is balanced and free flowing these energy systems help promote health, vitality, and longevity.

However, factors such as poor diet, stress, unhealthy lifestyle habits, lack of exercise and illness, create blocks and imbalances, which are believed to manifest as physical, mental, and emotional ailments.

The applications of Acupressure are applicable for a wide range of varied health conditions. It helps to release tension from muscle fibres and supports the release of endorphins (brain chemicals that dampen down pain). It is therefore popular for conditions such as headaches, migraines, back ache, [fibromyalgia](#), motion sickness, digestive issues, stress, period pain, poor sleep patterns and arthritis.

Acupressure is also grabbing some attention from the natural beauty arena since stimulating specific Acupressure points on the face and head can help to improved facial muscle tone and promote youthful skin. For some Acupressure is a great alternative to Acupuncture as it utilises touch instead of Acupuncture needles.

What does a typical Acupressure session look like?

First, you will discuss your health history and your main health complaints before assessing your pulse and tongue, which provide a map of the energy imbalances needing to be addressed.

Wear clothing that allows access to your knees, lower legs, and arms where most of the Acupressure points are found.

Once you are lying on a treatment couch the therapist will apply touch techniques such as gentle massage, tapping or gentle pressure to various Acupressure points to help rebalance the flow of Chi through the meridians.

You may also receive some diet and lifestyle guidelines to follow in-between appointments.

How do I find a specialist that suits me?

As with many alternative and conventional medicine disciplines, some therapists become established in specific areas of health.

Connecting with the practitioner before booking will help establish if the therapist you are interested in is equipped, and a good match for your health conditions or health goals. It is also worth mentioning how mobile and flexible you are as some practitioners combine Shiatsu techniques with Acupressure to address imbalances.

Shiatsu can involve a considerable amount of movement, whereby you are placed in almost Yoga like positions to help energise the meridians.

Acupuncture



Acupuncture is a form of Traditional Chinese Medicine which follows the principles of balancing two major energy forces within the body – yin (negative) and yang (positive).

This is so that all body systems can return to a state of homeostasis (balance) and facilitate the body's ability to self-repair and restore physical and mental wellbeing.

These two energy forces are formed from the flow of 'Qi', a life-force energy that travels through energy channels (meridians) and central points (chakras). This energises organs, muscles, skin, and all body systems.

An acupuncturist identifies Qi imbalances and uses fine needles on specific acupuncture points to rebalance the flow of Qi.

What are the benefits of acupuncture?

In times of ill health, injury, emotional trauma, hormone imbalance, infection or stress the natural flow of Qi becomes disrupted. Some energy meridians or organs may not have enough Qi (weakness). There may also be energy blocks (stagnations) and some meridians and organs may contain too much Qi (excess).

Acupuncture helps to assess, identify, and address the flow of Qi to ease up the physical and emotional aspects associated with any health issues.

The [National Institute for Health Care and Excellence](#) (NICE) has guidelines for the use of acupuncture within the NHS which includes headaches, migraines and other conditions involving chronic pain.

The benefits of acupuncture go far beyond aches and pains. This system of energy balancing nourishes all organs and body systems helping a wide range of ailments, supporting digestion, sleep pattern, menstrual regulation, skin health, mood disorders and generally improving your sense of wellbeing and vitality.

What does a typical appointment look like?

First, you will discuss your health history and your main health complaints before assessing your pulse and tongue which provide a map of the energy imbalances needing to be addressed.

Wear clothing that allows access to your knees, lower legs, and arms where most of the acupuncture points are found. Once you are lying on a treatment couch the acupuncturist places fine needles into relevant acupuncture points and you will be left to relax while your Qi is rebalancing.

Additional techniques include heat lamps, moxa burning, cupping, skin rubbing/tapping and massage, and you may be recommended some Chinese or Western herbs or nutritional supplements.

How do I find an Acupuncturist that suits me?

Since acupuncture can be applied to such a diverse range of health conditions it is not unusual for acupuncturist to gear their practice and training in specific areas of health.

Some acupuncturists focus on auto-immune conditions, others on pain and inflammation and some run established digestion, skin or fertility, pregnancy, and IVF support clinics. Check to see if your condition is covered by the practitioner you are interested in.

You will also need to decide if Chinese or Western herbs (tea or tinctures) are something that you think you can commit to and be mindful that these remedies are an additional cost.

Alexander Therapy



The Alexander Technique, named after its creator [Frederick Matthias Alexander](#), is an educational process that was created to retrain habitual patterns of movement and posture. Alexander believed that poor habits in posture and movement damaged spatial self-awareness as well as health, and that movement efficiency could support overall physical well-being. He saw the technique as a mental training technique as well.

The Alexander technique teaches improved posture and movement, which is believed to help reduce and prevent problems caused by unhelpful habits.

What are the benefits Alexander Therapy?

Whatever your age, ability or state of health, the Technique can help you get stronger and have more stamina, become more relaxed, think more clearly, and recover from injury more quickly.

The Alexander Technique can enhance personal performance across the whole spectrum of human activity. It is possible for practically anyone to rediscover freedom and ease in movement. You feel younger, lighter, taller, calmer, and more confident.

It is an investment you make in yourself; its real value lies in learning to apply it in your daily activities, for life.

The Alexander Technique helps people to naturally overcome back, neck and joint pain, muscle tension and stiffness, poor posture, breathing and vocal problems and anxiety and stress-related conditions

What does a typical therapy session look like?

Typically, sessions will be in a one-to-one format, however, group sessions may also be an option. During the first session, the teacher will take some time to ask you questions about your general health, your medical history, and your lifestyle.

One of the essential elements of the Alexander technique is the teachers' understanding of your movement and posture. They might ask you to perform everyday movements such as walking, sitting down, or standing up, all while keeping their hands in contact with your body. This is so the teacher can fully understand your movements and where the tensions may lie. At the same time, their hands will also be guiding your body to release restrictive muscular tension, and the harmful habits responsible for it.

Sessions may also include some table work, as it allows the student to experience the principles in action, without having to also maintain their balance. Students can learn the principles first, then combine principles with their own balance later.

How do I find a specialist that suits me?

Once you have identified your needs and have decided on Alexander Therapy, you can start to build up a list of potential practitioners, call them, visit their practice, interview them.

Practitioners are looking to build a loyal clientele; they should be willing to talk with you prior to scheduling an appointment. Above all, you need to be comfortable with your decision, do not hesitate to try different practitioners until you are satisfied.

Aromatherapy



Aromatherapy is the use of aromatic plant oils, including essential oils, for psychological and physical wellbeing. Aromatherapists blend therapeutic essential oils especially for each person and suggest methods of use such as topical application, massage, inhalation, or water immersion to stimulate the desired responses. The different smells (aromas), and the chemical constituents of the oils, can produce different emotional and physiological reactions.

Humans have used aromatherapy for thousands of years. Ancient cultures in China, India, Egypt, and elsewhere incorporated aromatic plant components in resins, balms, and oils. These natural substances were used for medical and religious purposes. They were known to have both physical and psychological benefits.

Essential oils distillation is attributed to the Persians in the 10th century, though the practice may have been in use for a long time prior to this. Information about essential oil distillation was published in the 16th century in Germany. French physicians in the 19th century recognised the potential of essential oils in treating disease.

What are the benefits Aromatherapy?

The theory behind aromatherapy is that each essential oil has properties that give health benefits. Some essential oils are thought to have an anti-inflammatory effect which may help with arthritis and muscular pain and help to fight off infection.

Others may help to manage pain, improve sleep quality, reduce stress, agitation and anxiety, soothe sore joints, or treat headaches and migraines. Some may alleviate side effects of chemotherapy, ease discomforts of labour, fight bacteria, virus, or fungus. While others may improve digestion, boost immunity, or improve hospice and palliative care, all depending on the properties of the oil used.

What does a typical Aromatherapy session look like?

In an aromatherapy session, the aromatherapist will work with you to ascertain your requirements and develop a blend of essential oils. The essential oils chosen are to address your particular complaints. For example, if you complain of headache, the aromatherapist will develop suitable blend of oils to relieve your headache. The suitable blend of essential oils will also try to address the root causes of your headache.

You are required to lie on the massage table and only the area being treated will be exposed to your massage therapist. The therapist might ask you to stand up and walk around to determine the exact problem.

If you have an aversion to facial massage and head massage, you could always inform your therapist. The therapist is a professional and will adapt to your requirements.

How do I find an Aromatherapist that suits me?

You may wish to meet with a certified aromatherapist, especially when you are first getting started with aromatherapy or if you have specific issues you would like to address.

During a consultation with an aromatherapist, you'll answer questions and talk about your lifestyle and health. Together, you can come up with an individual treatment plan to meet your goals and manage your symptoms.

You may have a few sessions with your aromatherapist, or you could decide to have ongoing sessions for a longer period.

Since aromatherapy is a complementary therapy, you should talk to your doctor before starting your sessions. That way your essential oil therapy can be tailored to work together with any medical care or treatment you are receiving.

Ayurveda



Ayurveda, meaning “the science of life” is a healing system native to India. It uses a range of treatments, including panchakarma ('five actions'), yoga, massage, acupuncture and herbal medicine, to encourage health and wellbeing.

Ayurvedic is one of the world's oldest holistic healing systems. It was developed more than 5,000 years ago in India. It is based on the belief that health and wellness depend on a delicate balance between the mind, body, and spirit.

Its main goals are to prevent disease, to encourage wellbeing and to promote longevity. Central to Ayurveda is the concept of doshas, three fundamental bio-elements that are present in a person's body. The theory is that health exists when there is a balance between the three doshas: Vata, Pitta, and Kapha.

One of the key understandings of Ayurveda is that everything around us is connected. This includes our bodies, our health and the universe. Using these principles, physicians can then individually prescribe certain treatments, herbs, exercise and lifestyle changes that can target illnesses. Ayurveda places a huge emphasis on personalised treatments and considers all elements of your life when discovering the source of an illness.

What are the benefits Ayurveda?

As a healing system, there are many benefits to Ayurveda. This includes strengthening immunity, prevention of disease pathology, improving the digestive capacity and elimination of wastes. It can nourish the nervous system, thereby reducing anxiousness and stress.

Ayurveda can strengthen bones and encouraging healthy nails and hair. People also experience improvement in their ability to sleep easily and deeply, and overall improvement in sense of well-being and balance.

What does a typical Ayurveda session look like?

Initial consultations usually last an hour or more. You will likely be asked about your diet, lifestyle, and mental and emotional states. You may also be asked for a detailed medical history. The practitioner may check pulse and tongue readings or other forms of body examinations.

The analysis will help diagnose the root cause of your dosha imbalance and allow the practitioner to create a treatment plan specifically designed for you. Treatment plans may include advice optimal diet, daily routine, seasonal routine, exercise regimen, herbal supplements, massage, meditations or counselling.

They may also prescribe some common treatments such as: Panchakarma - a "five-action" cleansing of the body to reduce toxic materials left by poor nutrition and disease, Shirodhara - running a stream of warm liquid on the forehead, for diseases connected with the eye, nose, nervous system, head and neck or Nasya - cleaning out the nose with medicated powders or liquids to clear the channels in the head and neck.

How do I find a specialist that suits me?

You may wish to meet with a certified Ayurveda, especially when you are first getting started with Ayurveda or if you have specific issues you would like to address. To help the public find trained Ayurvedic professionals, The [Ayurvedic Professionals Association](#) (APA) and the [British Association of Accredited Ayurvedic Practitioners](#) (BAAAP) provide a list of members who have completed training in Ayurveda.

Bodywork Therapy



Bodywork Therapy is a collection of therapeutic alternative medicine practices that involve manipulation corrections, breath work and/or vibrational energy medicine (healing).

The therapy assists personal transformation, strengthens the mind-body-spirit connection, and supports physical, mental, and emotional wellbeing.

Manipulation corrections refer to massage, Reflexology, Osteopathy, Craniosacral work, Chiropractic or Shiatsu. Breath work techniques include Yoga, Tai Chi or Qigong.

Vibrational medicine refers to spiritual healing and energy work within the electromagnetic field (meridians, chakras, aura) with the channelling of prana (life-force energy) such as Reiki, Chakra Balancing, Healing Touch, Hands of Light and Polarity Therapy.

A Bodyworker therapist uses one or a combination of these techniques depending on their skill set.

What are the benefits of Bodywork Therapy?

The benefits of Bodywork Therapy can be felt throughout the whole body on many levels. Manipulation techniques work on a physical level to help improve posture, muscle aches and pains and joint and mobility issues.

Massage helps to release stress and tension from the body, and this has a positive and restorative impact on the digestive system, nervous system, immune system, quality of sleep, hormone balance and state of mind.

Breath work provides a powerful tool to quickly settle the body when faced with stressful events or during times when anxiety and worry start to escalate.

What does a typical session look like?

Because each Bodywork therapist has their own approach and combination of structural, breath or energy corrections, this means a Bodywork Therapy session can vary greatly from therapist to therapist.

A session typical begins with the therapist taking a full health history and discussing your goals or desired outcomes. The next part of the session involves the corrections which take place on a treatment couch.

You may be asked to remove some of your clothing for manipulation and massage, and you keep your clothes on for breath and energy corrections. You may receive a list of lifestyle tips to practice in-between sessions.

How do I find a Bodywork therapist that suits me?

The first step to finding a Bodywork therapist that suits you is to have a good think about the type of corrections that you would be happy to receive.

Some people are more comfortable with a very practical and structural type of session suited to the manipulations.

Other people prefer a more spiritual experience in which case searching out a Bodywork therapist that uses vibrational energy medicine or hands-on healing is the best fit.

Bowen Therapy



Bowen is a holistic remedial body technique that works on the soft connective tissue (fascia) of the body. The fascia is the part of the connective tissue that envelops, separates, and influences every organ and tissue in the body.

Thomas Ambrose Bowen began developing this technique in the 1950s in Australia. With an interest in alleviating human suffering, he started noticing that certain moves of the body had particular effects.

The Bowen technique is safe to use on anyone, from new-borns to the elderly and for any musculoskeletal or related neuromuscular complaint. It is a holistic treatment that treats the whole person and aims to treat the cause of problems, rather than the symptoms.

What are the benefits of Bowen Therapy?

The benefits are very varied though Bowen is typically recognised by many for its effectiveness in alleviating back problems. Often these are chronic problems that have not responded to other treatments.

Bowen therapy can be used to treat musculoskeletal or related neurological problems including acute sports injuries and chronic or organic conditions. Bowen therapy is performed on the superficial and deep fascia.

Bowen therapy is also used for breathing issues which can respond extremely well to the therapy as moves are made directly over the diaphragm. It is gentle and relaxing and does not use forceful manipulation.

What does a typical Bowen Therapy session look like?

A typical Bowen Technique session can last from 15 to an hour. On initial consultations, the therapist will gather information about the person including general health and fitness and the outcomes they are seeking.

Clients usually lie on a massage/bodywork table or bed, or may be seated in a chair if required, for comfort. Light clothing can be worn throughout the therapy.

The therapist will start making small rolling type movements over specific points of the body. These will be interspersed with small pauses whilst the body accepts the moves that have been made.

Client may also be asked to walk around a little. Sometimes unusual sensations may be felt. Any aftereffects and care will then be discussed, and any future appointments arranged.

Some Clients continue to have regular maintenance sessions even after the initial issue has been resolved, helping to maintain their overall good health and well-being.

How do I find a Bowen therapist that suits me?

If you are elderly or looking for babies and children, you may consider seeking a therapist that specialises in that age group.

As this is a hands-on technique, you will need to be comfortable with the practitioner that you select. We recommend contacting a few beforehand until you are comfortable, they will be able to address your specific need.

Buddhism



Buddhism is a religious practice that's over 2,500 years old and originates in Nepal and focuses on spiritual development. Buddhists believe that nothing is fixed or permanent, that change is always possible.

Teachings are centred around the three 'truths' of existence – impermanence, suffering and uncertainty. By developing an awareness of these beliefs and truths it is possible to ascertain enlightenment mediated through meditation, reflection, wisdom and mortality.

Moreover, Buddhists believe that life is endless because you are re-incarnated again and again, living many different lives, which serves up the opportunity to learn new lessons in each life, built on your wisdom and spirituality.

What are the benefits of Buddhism?

The benefits of Buddhism are associated with enlightenment – a state in which you achieve perfect clarity, vision and awareness, so you have a full understanding about yourself, the people that surround your life, and a deeper understanding of life itself.

The meditations that are practised have a positive effect on the mind and emotions, helping to release stress and anxiety. Buddhism also embraces the concept of [karma](#) in that your past and present actions generate future positive or negative experiences.

This reap-what-you-sow philosophy motivates actions of compassion, generosity, kindness, sympathy, selflessness, and mindfulness.

What does a typical Buddhist mediation class look like?

Buddhist meditation classes offer simple, practical methods to improve your quality of life and develop inner peace. Most Buddhist meditation classes begin with a guided breathing meditation to help you relax. This is followed by a second meditation which is also a guided meditation but one the follows a specific 'teaching'.

At the end you often get the chance to discuss with the class what you experienced during your meditation, and the teacher can help interpret your experience and provide insightful information to help you resolve any current life challenges, issues or difficulties that relate to the teaching of the meditation.

How do I find a one that suits me?

There are plenty of books and online resources to help you build your knowledge of Buddhism. There are also online meditation classes that you can sign-up to which are easy to do as you can build these into your own schedule and run them in your own home.

However, there is undoubtedly a great deal of benefit from joining a local Buddhist group or going to a series of meditation classes at your local Buddhist centre.

Classes help you gain a deeper level of guidance during the meditations from a Buddhist monk, help develop your spirituality and encourage you to join a community of like-minded people.

Chakra Therapy



Chakra Therapy (chakra balancing) is a form of vibrational medicine, which restores the strength, intensity and frequency of energy that flows through seven energy centres (chakras).

The Chakra system originated in India and forms part of the yogic philosophy and chakra means 'Wheel of Light' in [Sanskrit](#). Each chakra receives, assimilates and transmits energy of a certain colour and frequency and 'energises' the corresponding body areas influencing physical, mental, emotional, spiritual wellbeing.

The chakras run vertically up the body from root (base of the spine), to sacral (below navel), to solar plexus (above navel), to heart (centre of chest), to throat (front of neck), to third eye (forehead) and crown (top of head).

What are the benefits of Chakra Therapy?

There are many benefits of Chakra Therapy from helping relieve stress, pain and anxiety to deepening your spiritual connection or enabling your life to flow more freely.

Each chakra nourishes bundles of nerves, specific organs and supplies different body systems with prana 'Life-force' energy. Poor diet, unhealthy lifestyle habits, lack of exercise and troubled relationships can cause the chakras to slow down and shut down – what was a vibrant, fast spinning, colourful energy centre becomes dim, faded and small.

The ramifications of a diminished chakra ripple out through the body and mind being expressed as physical, mental and emotional issues, relating to the area of the body the chakra is associated with.

A chakra therapist uses their hands to sense the strength of each chakra and channel prana into weak chakras. A balanced, fully open and charged chakra system reflects a life that is open, full of opportunities and vibrant health.

What does a typical Chakra Therapy session look like?

A Chakra Therapy session is a deeply relaxing and restorative. It is a good idea to wear loose comfortable clothing and if the therapy involves massage with oils then wear clothes that you do not mind getting oil on. Initially, you may be asked to discuss your health issues, emotional state and life struggles or difficulties.

Once you are on a treatment couch the therapist gently places their hands on (or above) your body to assess any energy blocks, stagnations, or weakness. The therapist then channels prana through their hands to boost any chakras that are out of balance.

How do I find a specialist that suits me?

While most therapists use a gentle hands-on energy channelling technique, some therapist use additional chakra balancing techniques such as massage with essential oils or vibrational healing essences such as crystal, flower, or animal essences.

Others use meditation techniques to help you visualise the chakras being restored, and balanced, coloured light can also be used to help energise individual chakras.

Crystals may also be placed on the chakras to revitalise weak chakras. Some therapists are very spiritual in their approach whereas others are more practical.

Colour Therapy



Colour Therapy is based on the idea that colours create electrical impulses in our brains that stimulate hormonal and biochemical processes in our body; these processes either calm or stimulate us.

It is an entirely non-invasive holistic treatment which aims to bring balance to the energy of our body. It is often used as a complementary therapy alongside other treatments and is a popular go-to practice for people suffering depression, stress, and [seasonal affective disorder](#).

Scientifically, colours have been proven to affect our moods and perception, and there is evidence of this form of therapy dating back to ancient Egypt, historic China and ages-old India. In fact, healing by means of colour and light was the first type of 'therapy' used by man.

What are the benefits Colour Therapy?

Simply put, colour is just light of varying wavelengths and frequencies.

[Electromagnetic waves](#) constantly surround us, and colour is part of those waves. Every single cell in the body needs light energy. Our cells absorb colour, and this affects us

on every level, physically, emotionally, and spiritually. Each colour has a different frequency, thereby having a different effect on the body when exposed.

It is widely believed that we have seven main energy centres. These are referred to as chakras, a Sanskrit word meaning 'wheel' or 'disk'. The chakras surround major nerve bundles and organs and can be thought of as a set of cogs, like the workings of a clock.

The energy which relates to the seven spectrum colours, resonates with the seven main chakras. If we are going through a hardship or suffering an ailment, our chakras will not be working in harmony.

The balance of energy in the body's chakras is vital for wellbeing, so when there is a spanner in the works for whatever reason, it negatively affects us. A Colour Therapist can help you determine what colours you need to be influenced by in order to stimulate or unblock certain chakras.

What does a typical Colour Therapy session look like?

The types of colour therapy sessions are as varied as the colours of the rainbow!

Generally, Practitioners will ask you to complete a general health questionnaire and enquire as to the focus for the session.

Treatment will be selected to uncover underlying stress conditions, create a calm and relaxing atmosphere, and best assist the body's natural healing ability.

Colour therapy sessions are generally performed with the client fully clothed. The length of sessions can vary from practitioner to practitioner, typically sessions can take anywhere between 40 mins to 1 & ½ hours.

How do I find a specialist that suits me?

Once you have decided on Colour Therapy, you can start to build up a list of potential practitioners. It is good to get in touch before a session to understand more about the techniques they may employ. It is good to make sure you are comfortable with their approach.

Craniosacral Therapy



Craniosacral Therapy (CST) is a holistic approach to healing developed from the work of osteopath, [William Sutherland](#). The therapy supports the body's own healing ability and changes can occur in body, mind, and spirit.

The [cerebrospinal fluid](#) that bathes and cushions the brain and spinal cord expresses a rhythmic motion like the ebb and flow of a tide. Other body structures such as organs and bones have their own, subtle patterns of movement as they breathe.

Sutherland carried out experiments on his own body and noticed that accidents, falls, or operations caused restrictions in his body that inhibited the expression of this rhythm or movement, leading to a lack of vitality, discomfort, or disease.

In working with his clients Sutherland found that by using the lightest of touches and intelligent listening, areas of restriction in the body and psyche would ease and release.

What are the benefits Craniosacral Therapy?

CST has been used to treat a variety of conditions, both physical and psychological.

CST is a suitable treatment for Alzheimer's disease, [autism](#), back pain, brain injury and central nervous system disorders. It's been found to help with chronic fatigue, [colic](#), concussion, [dementia](#), [fibromyalgia](#), immune disorders and learning disabilities. It can also work with migraines, neck pain, [post-traumatic stress disorder](#) (PTSD), [scoliosis](#), spinal, cord injury and stress.

What does a typical Craniosacral Therapy session look like?

Treatments are done on a clothed body, with the receiver usually lying on their back on a treatment couch. If this is not comfortable, people can be treated on their side or even sitting, if need be.

Treatment may start at the feet or the head with different evaluative techniques, and this will help figure out where your body's treatment needs to start.

Working with these techniques, there is usually a natural focus around the head and vertebral column, but treatments are by no means restricted to these areas. Factors that compromise posture and function can be present throughout the whole body.

Using the craniosacral rhythm, CST influences movement and coordination, pain pathways, the digestive system, the respiratory system, heart function, the endocrine system. Basically, most of the body systems can be impacted. This is because it accesses the craniosacral system which acts on the deepest structures and organs of the nervous system.

How do I find a specialist that suits me?

Once you have decided on Craniosacral Therapy, you can start to build up a list of potential practitioners, call them, visit their practice, interview them.

Practitioners are looking to build a loyal clientele; they should be willing to talk with you prior to scheduling an appointment. Above all, you need to be comfortable with your decision, do not hesitate to try different practitioners until you are satisfied.

Crystal Healing



Crystal healing is an alternative medical technique in which crystals and other stones are used to cure ailments and protect against disease. Crystal Healers believe that crystals and gemstones have properties that facilitate healing.

The crystals act as conduits for healing — allowing positive, healing energy to flow into the body as negative, disease-causing energy flows out. Crystal healing dates back at least 6,000 years to the time of the ancient Sumerians of Mesopotamia.

Crystal healing involves placing of crystals on different parts of your body or even in your homes and dwellings. The objective of crystal healing is realignment of your energy frequencies and removal of energy blocks from your energy field.

What are the benefits Crystal Healing?

The main premise behind crystal healing is the vibrational divine life force, energy. Everything around and inside us is made of energy. Even our organs, thoughts, chakras, feelings, and emotions are nothing but energy. Well-being is a state when these energies are balanced.

When these energies go out of balance, a not-so-good state of being is created. This can result in stress, anxiety, depression, negative thoughts and emotions, self-limiting behaviours and even physical ailments and diseases.

Crystals have a clear and specific vibration. Crystals can help you tune in to your positive energies while re-calibrating your negative vibrations and energies. Crystals are known to vibrate at the same frequency as humans.

What does a typical Crystal Healing session look like?

Crystal Healing sessions are typically 90 minutes and addresses a specific condition. These conditions can include grief release, anxiety release, heartache/depression, fertility, stamina, headaches/migraines, digestive disorders, immune system strengthening, insomnia, pain relief and mental acuity.

Session usually begin with a chakra assessment to determine the health and vitality of each chakra. Then crystals will be used to open, cleanse and strengthen each chakra.

A specific crystal layout will be chosen for your specific needs and the stones will activated for their fullest healing potential and placed on or around the body to stimulate healing and restore balance.

The session is very soothing and deeply relaxing as the crystals do their healing work. In this deep state of relaxation, stress is released allowing you to feel rejuvenated, revitalised and completely refreshed.

How do I find a specialist that suits me?

There are many Crystal Healers and there also practitioners of other disciplines that incorporate crystal healing into their practice. First consider if crystal healing will address what you need and then choose a practitioner with who you feel connected.

Cupping Therapy



Cupping, or Hijama, is a technique where small glass/bamboo cups are used as suction devices on the skin. This suction causes the skin and superficial muscle to gently lift into the cup.

In this way, the therapy can be considered as an inversion of massage. Instead of applying a pressure downward on the muscles, cupping uses pressure upwards to lift the muscles. For many, this provides a relaxing sensation.

There are different ways to create this suction. The most common method involves using heat. The therapist may apply rubbing alcohol to the bottom of the cup, light it and then apply the heated cup directly on the skin.

The earliest record of Cupping therapy was in the Ebers Papyrus - one of the oldest medical textbooks in the world. The textbook describes how ancient Egyptians used the therapy in 1550 BC. Cupping is also used in Traditional Chinese Medicine.

What are the benefits Cupping Therapy?

There are many cupping benefits, ranging from relaxation and improved well-being to pain relief. The skin is the body's largest organ, reflecting imbalances.

It stands to reason therefore that therapies that target the skin reap great rewards.

The therapy can affect you both physically and mentally. This includes improving the flow of energy especially where cups on meridian points. Cupping encourages detoxification by stimulating blood and lymph flow by increasing the supply of healthy, oxygenated blood to muscles and skin. This brings nourishment and allows toxins to be carried away by the lymph.

Cupping can be useful for relieving muscular pain as it loosens tissues and promotes healing. It beneficial for chronic conditions like fibromyalgia when used alongside medication and physical therapy.

Cupping works to soften underlying muscle tissues and break up knotted areas. This leads to looser and more flexible muscles, relieving side effects like headaches and stress to neck and back pain.

Additionally, as the sensation is akin to a massage (especially in moving cupping), making it pleasurable and incredibly relaxing. It also has a sedating effect on the nervous system, making it useful in addressing high blood pressure, anxiety, fatigue, insomnia and tension headaches.

What does a typical Cupping session look like?

To begin you will have a consultation with your therapist to discuss the concerns you would like to address with the treatment. The therapist will then be able to assess where best to place the cups.

The back is the most common area. This is because it has five meridian lines which are optimal for cup placement. Other areas of the body can be used too, fleshy areas are preferred as they lend themselves well to suction.

Depending on the nature of the condition you are seeking help for, your therapist will leave the cups in place from five to 10 minutes. Usually several cups are placed at the same time. Some therapists may also apply medicated oils or herbal infusions to the skin, allowing the cups to be moved once applied.

How do I find a specialist that suits me?

In addition to Cupping, some therapists may also offer acupuncture within the same session. If this is the case, you should consider whether you would like just cupping, or both cupping and acupuncture in the same session.

You may wish to contact a few practitioners first to discuss the cupping they perform as this could be stationery or moving cupping, or additionally wet cupping which involves small incisions for bloodletting.

Ear Candling



Best known as an alternative approach for earwax removal, ear candling involves placing a hollow, wax-covered candle in the ear. Lighting one end of the cone creates a suction that pulls earwax out of the ear. The vacuum is caused by the warmed air from the flame and colder air moving through its hollow centre.

The hand-made structures are hollow tubes which contain honey, sage, St John's Wort, and chamomile. The burning action infuses the herbs and essential oils into a vapour, which is drawn into the auditory canal. This performs a massaging function as well as softening any impurities.

Although ear candling is said to be an ancient practice, its origin and history are unclear. Places and cultures as diverse as China, Egypt, the pre-Columbian Americas, Tibet, the mythical city of Atlantis, and the Hopi Indian tribe have been mentioned as having originated the practice.

What are the benefits Ear Candling?

Ear Candles can benefit conditions affecting the head and ears such as sinus congestion, ear noises and excessive earwax. The rising air through the column of the

candle and gentle natural movement of the flame serve to gently massage the ear drum.

It is often used by people with [tinnitus](#), [sinusitis](#), glue ear, hay fever and [rhinitis](#), excessive ear wax, cold, tension headaches and stress.

What does a typical Ear Candling session look like?

The client lies down on their side, with their head supported on a pillow so the auditory canal is vertical. The process involves placing a specially designed hollow candle just inside the ear, as far as is comfortable into the canal.

The candle is then lit, and the resulting gentle suction and vacuum draws the wax and impurities from the ear. A fire crackling sound may be heard and possibly some gentle popping. The rising air gently massages the ear drum and helps to regulate ear pressure. A small amount of ear wax is also removed during the treatment.

According to practitioners, the candles work like a chimney, drawing impurities out. Most are burned away, although some may be found in the candle wax residue or may appear on a cotton bud 24 to 48 hours after treatment.

The column of warm air rising in the candle is said to massage the ear drum while pressure in the sinus cavities and ears is equalised. Most deposits evaporate and are carried away through the candle 'chimney'. None of the candle residue goes into the ear.

How do I find a specialist that suits me?

Many holistic practitioners include Ear Candling in their sessions; however, some specialise just in this. If you have a specific issue such as tinnitus, sinusitis, or glue ear, you may want to seek out a specialist.

Health Kinesiology



Health Kinesiology (HK) is a form of preventative medicine that combines the principles of Traditional Chinese Medicine with modern muscle motor response techniques.

Applied Kinesiology was developed by the chiropractor George Goodheart in the 1960's who discovered that muscle testing could assess the motor response of the central nervous system to a sensory challenge.

He used this technique to highlight imbalances contributing to a person's Triad of Health – structural (physical), chemical (nutritional) and mental (emotional) wellbeing.

Touch for Health Kinesiology was later developed for practitioners without a medical, osteopath or chiropractic background and in 1988 a simplified version called Systematic Kinesiology was developed.

What are the benefits of Kinesiology?

The benefit of Kinesiology is that you receive a completely individual health evaluation that uncovers what is right for you and your body. Kinesiology helps determine how your physical body, movement and posture is affecting all aspects of your health.

Biofeedback from your muscles test provides insight into areas of stress and imbalance in all areas of your body – spanning muscles, meridians, chakras, organs, hormone status, digestion, brain function, biochemical processes, physiological functions, nutrient status and food, chemical and environmental allergies.

Once imbalances have been identified, the exact corrections you receive depends on the biofeedback your body gives regarding what it requires to return to health. This includes Structural corrections (massage, acupuncture, structural realignment, meridian balancing), chemical corrections (nutritional, herbal, homeopathic, flower remedies) or emotional corrections (stress release, relationship and lifestyle suggestions).

Releasing stress and tension from muscles and correcting structural issues in turn recalibrates the way energy, nutrients, and blood flow around the body.

What does a typical kinesiology session look like?

During your appointment, your Kinesiologist will take a quick health history before asking you to get on a treatment couch. You will be asked to raise an arm or leg and place it in a specific position.

The Kinesiologist will apply light pressure and ask you to 'match' that pressure. Sometimes you will be able to match the pressure (strong muscle test) and other times you will not be able to (weak muscle test).

During the session, your Kinesiologist will run a sequence of muscle tests to ascertain any imbalances needing to be corrected. Correction techniques are applied and any natural remedies (and their doses) are identified using further muscle testing.

How do I find a Kinesiologist that suits me?

The tools that a Kinesiologist uses to make the corrections can vary greatly depending on their therapeutic and clinical skills. Kinesiologists with a background in Osteopathy, Chiropractor, sports massage may favour more structural corrections.

Other Kinesiologists work with energy balancing implementing Reiki, Acupuncture, Sound Therapy, Colour Therapy or Vibration Medicine.

Kinesiology is also popular with nutritionists since muscle testing provides detailed information about hormones, enzymes, brain chemicals and all body systems, and helps quickly determine the 'best-fit' supplements and natural remedies.

Herbalism



Herbalism is a form of traditional medicine in which botanical (plant extracts) are used for their medicinal properties. In fact, it is the active ingredients (phytochemicals) found in many herbal remedies from ancient times that some of today's pharmaceutical medicines are based-upon.

Herbalism offers an entirely natural, safe, and non-toxic form of medicine using herbal teas (tisanes), tinctures, extracts, ointments and supplements.

There are many different types of herbal medicine which reflect the diversity of plants from different locations and cultures of the world including Western Herbal Medicine, Chinese Herbal Medicine, Ayurveda and Traditional Tibetan Medicine.

What are the benefits of Herbalism?

The major benefit of herbal medicine is that it follows the principles of holistic medicine, which means a herbalist considers the health of the person as a 'whole', encompassing their physical, mental, emotional and spiritual wellbeing.

The natural pharmacy that exists within plants can assist with a tremendous range of health complaints and illness including physical ailments, mood and emotional disorders, skin complaints, digestive issues and hormonal imbalances.

Plants, leaves, flowers, seeds, berries, roots, resins and tree barks are used to help promote cellular and tissue repair, activate immune cells, support physiological and biochemical bodily functions and nurture the body towards a state of health.

Many herbs have anti-viral, anti-fungal, anti-parasitic and anti-bacterial properties providing the potential to help the body fight infections.

Other plants contain natural phytochemicals which help balance the endocrine (hormone) and nervous systems or act as natural sedatives to aid sleep, calm anxiety and support the stress response.

What can I expect from a Herbalist appointment?

You may be asked to complete a health questionnaire before your initial consultation. During the session, your herbalist will take time to complete a full review of your health history from childhood to present day. They will ask you about previous illnesses, operations, medications and times of stress before discussing your current health concerns, symptoms and imbalances.

All the information that your herbalist gathers helps to provide a picture of what has been influencing your health and helps ascertain the root cause of your current condition. Your herbalist will then prepare a herbal tincture, tea or capsule consisting of one or several plant extracts and provide instructions on usage and dosage. The herbalist may also make some nutrition recommendations.

How do I find an Herbalist that suits me?

Firstly, choose the form of herbal medicine (Western, Chinese, Ayurveda, Tibetan) you would like to experience.

Next, check the herbalist you are interested in specialises in the area of support you require. Recommendations are always welcomed but an introductory phone, Skype or face-to-face chat helps determine if you are a good client-therapist match.

Herbalists registered with [URHP](#) (Unified Register of Herbal Practitioners) [BHMA](#) (British Herbal Medicine Association), [NIMH](#) (National Institute of Medical Herbalists), [AMH](#) (Association of Master Herbalists), [APA](#) (Ayurvedic Practitioners Association), [ATCM](#) (Association of Traditional Chinese Medicine), [BAAAP](#) (British Association of Accredited Ayurvedic Practitioners) have credible qualifications, are committed to continual professional development and follow a code of conduct.

Hermetic Philosophy



Hermetic Philosophy also known as Hermeticism is based on ancient [Greek](#) and [Egyptian mythology](#) in which humans are believed to be on a spiritual journey and eventual return to a state of unity with the Divine.

It is also believed that spiritual growth can only be achieved through human effort.

The original transcripts detailing Hermetic Philosophy included a wide range of subjects. This includes discussing cosmic principles, to the nature and order of beings, the human desire to connect with the Divine and the uses of magic, astrology, alchemy, magic, mysticism and alternative medicine.

What are the benefits of Hermetic Philosophy?

Benefits of Hermeticism are drawn from the knowledge that you are interconnected with all things and beings, through the concept – as above so below. Therefore, a connection exists between you and the Divine.

Hermetic teachings bring an awareness that there are consequences to all thoughts, words and actions. The way you conduct yourself in your day-to-day life is hugely important in both your inward and outward expressions.

Balance and harmony are the aim so that you can achieve a state of equilibrium between your soul/spirit (above) and your matter/body (below). When this equilibrium is reached then spiritual growth can occur.

Hermetic Meditations are used to help promote this harmony but these teaching extend beyond your body. They include your home, relationships, work and the way you cope in stressful situations, encouraging you to find harmony in all your interactions.

What does a typical Hermetic Meditation class look like?

There are three aspects to a Hermetic Meditation class.

First to learn to control the mind to free yourself from the interruption of thoughts. Next is to train your physical body to become strong, flexible and able to sit motionless for the meditation. These first two steps help you connect to your higher self (above), and lastly is to align yourself with balance, harmony, and equilibrium.

Hermetic Meditation classes involve a 10-step Soul-Mirror process with teachings of how to balance the elements (earth, fire, water, air) which influence our physical, mental and spiritual health and to develop mind-spirit, astral-emotional and physical-body connections and introspection.

How do I find a specialist that suits me?

Due to the mystical and mythical nature of Hermetic Philosophy, the style of language that teachers use can vary from one teacher to another.

Some teachers focus more on balancing the elements providing advice on how to reduce fire if you are experiencing anger or inflammation. Whereas others may be far more spiritual in their approach and focus more on the soul/spirit connection to the Divine.

There are also teachers who provide more of a reflective approach. This highlights where your actions, words and thoughts have created issues and disharmony in your work, relationship, finances, and life-flow.

Homeopathy



Homeopathy is a 200-year-old form of alternative medicine that aims to stimulate a healing response and strengthen the body's ability to heal itself. This is based on the theory of treating 'like with like' and using specially prepared, highly diluted preparations to stimulate the body's own healing response to disease.

Homeopaths view this a holistic system of medicine. They aim to treat the whole person, taking into account personality, lifestyle and hereditary factors, as well as the history of the disease. Since all people are unique, homeopathic medicines are prescribed to treat individuals.

What are the benefits Homeopathy?

Homeopathic medicine approaches disease and remedies from a totally different standpoint to conventional or "allopathic" medicine. It can be practised by qualified medical professionals including doctors, dentists and even veterinary surgeons, but it can also be safely used in the home.

Many people choose this approach for every-day family ailments, with a homeopathic 'first aid kit' or remedies bought at health stores and pharmacies.

Conventional or allopathic medicine works against the disease and its symptoms using “anti” drugs – you will be familiar with vocabulary which talks about ‘fighting’ disease or ‘killing’ pain.

Using homoeopathy, by contrast, we are seeing the symptoms as the body’s attempt to heal itself – perhaps needing help, but of a gentle and supportive kind. Homeopathy treats an individual with a specific set of symptoms, rather than battling a disease. Put simply, it is why a remedy is given, not what is given.

What does a typical Homeopathy session look like?

Many first-time patients are very pleasantly surprised at the depth of the initial consultation. Typically, this will last for between an hour and an hour-and-a-half. The practitioner uses the consultation to find out your particular symptoms, and then identifies the remedy or remedies that match those symptoms.

However, many people are often unused to talking openly about their physical problems, let alone mental or emotional issues. Homeopaths offer a safe, confidential and non-judgemental space in which to talk about you. This can be a release for many people and is often a powerful stage in the healing process.

You will be asked about your own medical history, and that of your family. This is so that your Homeopath can see how other health issues may have contributed to your current problems. Additionally, it shows what patterns of susceptibility to illnesses you may have inherited from your parents and grandparents.

You are also likely to be asked about medication that you are taking, as well as any supplements. The Homeopath will also ask you for brief details of the health issue or issues which you want to address.

How do I find a Homeopath that suits me?

Once you have found Homeopaths in your area the best way to select one is to check what homeopathic qualifications they hold. Contacting the homeopath in advance will help to assess if they are right for you.

Hypnotherapy



Hypnosis, or hypnotherapy, uses guided relaxation, intense concentration, and focused attention to achieve a heightened state of awareness that is sometimes called a trance.

The person's attention is so focused while in this state that anything going on around the person is temporarily blocked out or ignored. In this naturally occurring state, a person may focus his or her attention, with the help of a trained therapist, on specific thoughts or tasks.

What are the benefits Hypnotherapy?

The hypnotic state allows a person to be more open to discussion and suggestion. It can improve the success of other treatments for many conditions, such as [phobias](#), fears, and anxiety, [sleep disorders](#) and [depression](#). Hypnotherapists can also work with stress, post-trauma anxiety and [grief](#) and loss.

Hypnosis may be used to help with pain control and to overcome habits, such as smoking or overeating. It can be helpful for people whose symptoms are severe or who need crisis management.

What does a typical Hypnotherapy session look like?

A hypnotherapy session with a 'guide' or hypnotherapist is usually carried out in a calm, relaxing, safe environment free from interruptions.

The preliminary 'talk' between the person to be hypnotised and the 'guide' normally highlights expectations and past experiences of hypnosis (if any). Furthermore, there is a discussion of the specific problem to be worked on.

Oftentimes, these problem areas include behaviour or thoughts that need to be re-balanced; or changed completely. For example, help with stopping smoking or losing weight.

During this preliminary talk, a skilled hypnotherapist gains a lot of information. Thus, the initial talk will help the hypnotherapist to work out the best induction technique for a particular individual.

How do I find a hypnotherapist that suits me?

A hypnotherapist should hold some type of certification in the field of hypnosis. There are many different organisations that certify however, there are only a few who have strict training and education requirements.

You may also want to look for a license professional, such as licensed psychologist or licensed mental health counsellor.

It is important that the hypnotherapist you choose to have experience relevant to your particular problem. If you have a deep-seated fear of water or spiders, you will probably have better success using a hypnotist who specialises in treating phobias. If you want to stop smoking and get rid of your cravings, a hypnotherapist who has helped hundreds of others kick the habit can improve your odds of success.

Iridology



Iridology is the science and practice of analysing the iris, which is the most complex tissue structure in the human body. It is a means of assessing tissue inflammation within the body.

Hungarian born [Ignatz Von Peczely](#) first observed this when freeing a trapped owl in his garden. While releasing the owl, he observed a black stripe instantly rising in the owl's eye where six-o-clock would appear on a clock face. He nursed the owl back to health, and the bird lingered in his garden. Over time, he observed that the black stripe had faded and was now covered by white lines, and all that remained was a tiny black spot surrounded by the white lines.

When Von Peczely later became a physician, he observed the irises of the patients after accidents and before and after surgery. Studying changes in the iris, he noted a relationship between the various markings in the iris and all the other parts of the body, creating the first Iridology Chart.

Numerous scientists and doctors have researched Iridology and have developed the most comprehensive charts of the iris, which are in use today.

What are the benefits Iridology?

The iris is that portion of the eye which carries the colour. Iridology is a concept that valuable information concerning a person's health and well-being can be obtained by the study of these colours. Thus, it provides a simple, painless, and economical means of looking into the body.

A practitioner skilled in iris analysis can glean a lot of information using nothing more than a simple handheld torch and a small magnifying lens.

Iridology can reveal the presence of tissue inflammation within the body, where it is located and what stage it has reached. It can be a most valuable tool in tracing family weaknesses and could even predict future patterns of health long before they manifest themselves as symptoms.

What does a typical Iridology session look like?

At a consultation with an iridologist, the iridologist will look at your eyes using a slit lamp or a penlight and a magnifying glass. Many iridologists employ the use of photographs that are taken with a special camera. These enlarged photographs are then examined.

The iridologist will look for the subtle signs of illness that may be developing. These may include the signs of stress or a build-up of toxins. The iridologist may also look at eye charts to find problems that may be occurring in the body's organs.

The consultation process generally goes for an hour or so. Specific diseases are usually not diagnosed but you will be informed of any risk factors to your health and given preventative measures to follow in order to avoid falling ill.

How do I find a specialist that suits me?

Once you have identified your needs and have decided on Iridology, you can start to build up a list of potential practitioners. It is good to contact them prior to scheduling an appointment, to ensure you are comfortable with the techniques they use.

Life Coaching



Life coaching evolved from sports coaching and business coaching, on the principles of self-improvement. It stems from an understanding that we often need guidance, motivation and support to help us overcome any obstacles that stand in the way of success.

Life coaching aims to provide a framework that facilitates introspection and reflection. This encourages a person to objectively look at their life and determine a structured approach that empowers them to progress towards their goals.

These structuring techniques help provide focus, assessment, forward-thinking, action and clarity about 'how' to achieve a happy, more meaningful and fulfilling life.

What are the benefits of Life Coaching?

Life coaching helps you move out of your comfort zone, have confidence to express your feelings in relationships, and fill in the gaps in your skill set. This can move you forward in your career and encourages you to do more of the things that make your heart sing.

Working with a life coach helps you to problem-solve the difficult emotions or behavioural patterns that keep you stuck. They give you steps to put into practice that help you close the gap between where you are and where you want to be.

Life coaching gives you the chance to reflect on all aspects of your life – home, work, relationships, finances, family dynamics, friendships, diet, exercise, health and vitality – and reformulate each of these areas.

You may have tried to make changes before but failed to achieve your goals or sustain your progress. Working with a coach helps you set achievable goals with realistic steps.

What does a typical appointment look like?

Appointments can last from 45-60 minutes and can be face-to-face, via phone or Skype. Initially, the life coach will ask you questions that help to determine the areas of your life that need some attention.

You will get a chance to discuss and review the emotional blocks, difficulties, confidence issues, lack of skills or behavioural issues that hold you back from naturally progressing with your personal development.

By using a range of coaching styles based on psychological principles such as NLP, your life coach helps you formulate your goals and create an action plan of things to achieve before your next appointment.

How do I find a Life Coach that suits me?

There are a few different styles of life coaching, so it is a good idea to select a style that suits your personality, level of organisation and area of life that you will be working with.

Holistic coaching looks at the issues or goal in relation to your whole life. 3D coaching has a framework of debugging, direction and development. Vision coaching focuses on forward-thinking. Mindfulness coaching focuses on reducing stress, anxiety and tension and Solution-Focused coaching is used to help with goal setting and life direction.

Massage Therapy



Massage therapy is manual manipulation of soft body tissues (muscle, connective tissue, tendons and ligaments) to enhance a person's health and well-being. There are dozens of types of massage therapy methods.

Massage therapy dates back thousands of years to ancient cultures that believed in its medical benefits. The first written records of massage therapy are found in China and Egypt.

The first known Chinese text, "The Yellow Emperor's Classic Book of Internal Medicine" dates to 2700 BC. It was published in English in 1949 and has become a staple in massage therapy training. It also includes acupuncture, acupressure and herbology.

Egyptian tomb paintings from 2500 BC show that massage therapy was a part of their medical tradition. Egyptians get the credit for pioneering reflexology. Their studies and traditions greatly influenced other cultures such as the Greeks and Romans.

What are the benefits Massage Therapy?

This form of therapy involves hands-on techniques to increase circulation, relieve tension, reduce stress, relieve anxiety, improve sleep, and promote relaxation

throughout the entire body, as well as many other benefits. The body's soft tissue areas include the muscles, tendons, connective tissue, etc. If someone is tense and in need of a release, or they have been injured and have extensive muscle and/or nerve tissue damage that plagues their body, massage therapy might be worth exploring.

What does a typical Massage Therapy session look like?

Your massage session should take place in a warm, comfortable, quiet room. Soft music may be played to help you relax. You will lie on a table especially designed for your comfort.

It is always good to discuss with the therapist your aim for the massage, such as relaxing or invigorating. Advise them as well on the pressure you prefer and do let them know if the pressure is not right for you.

Most massage techniques are traditionally performed with the client unclothed; however, it is entirely up to you what you want to wear. You should undress to your level of comfort. You will be properly draped under a sheet during the entire session.

How do I find a specialist that suits me?

There are many different massage therapy methods ranging from the more holistic energy healing type, to a sports injury massage. It is good to first understand what you want from the massage to find a suitable practitioner.

Next, go out and try them! Regular massage can be beneficial so find a practitioner whose touch you resonate with to be comfortable with your decision. The more you work with a single practitioner, the more they learn about your body to support you in feeling the benefits.

Meditation



Meditation is a relaxation technique designed to still the mind, improve breathing, deepen a spiritual connection, and instil a sense of inner peace.

Forms of meditation include Guided, using mental images to aid relaxation, [Transcendental](#), using repeated mantras or sounds to help empty the mind, Buddhist, focusing on an object like a candle or flower, Mindfulness, focusing on the present moment, and Walking meditation which synchronises breathing with footsteps.

Meditation switches electrical brain waves from beta (goal-oriented tasks or stress) and gamma (learning or anxiety) to theta (deep relaxation) and alpha (wakeful rest or calmness) to improve conscious awareness.

What are the benefits of Meditation?

Stress hormones such as cortisol and adrenalin activate the 'sympathetic nervous system'. This prepares the body for fight-or-flight scenarios by increasing the heart rate, raising blood pressure, quickening breathing, switching off digestion, and firing-up muscle cells.

Meditation helps to dampen down stress hormones and switch the body to being under the influence of the 'parasympathetic nervous system'. This is known as the rest-and-digest nervous system, as it restores relaxation, balance, and harmony within the body.

Meditation primarily helps to unravel the stress response. It also helps dissipate anxiety, worry, tension, restlessness, headaches, sleep issues, grief, pain, and muscle tension. Done regularly, it also helps lift the mood, improve mental clarity, activate creativity, and helps build a connection to your intuition.

It is also thought to strengthen the connection between regions of the brain that process emotional responses.

What does a typical Meditation class look like?

Meditation is usually practised sitting on the floor, crossed legged so it is advisable to wear comfy, warm clothes and classes generally last between 30-60 minutes.

In other classes you could be sitting in a chair and some teachers encourage you to lie on a Yoga mat – for this style of class a cosy blanket is beneficial.

There are a number of online guides and apps that make it possible to teach yourself but it's possibly much more helpful to sign up to a class so you can get guidance from a teacher, either one-to-one or by joining a group to help establish your technique.

How do I find Meditation to suit me?

Meditation is all about focusing your mind away from your thoughts and finding the best way to switch off the mental chatter and external influences, so that you can drop into a state of wakeful relaxation.

It is worth trying a few different styles so you can find the one that suits you the best. Some people find Guided Meditation a good style to start with as this helps focus the mind on a 'journey' towards relaxation.

The more you practice the easier it gets. Once you've learned how to achieve 'passive alertness' you can use meditation as a daily tool to help improve your wellbeing.

Mindfulness



Mindfulness is the practice of paying attention to the present moment. It is about being consciously aware of your thoughts, feelings, and responses so you can develop a connection to the world around you.

It also aims to reconnect you with your body and the sensations that you experience which helps improve mental wellbeing.

At its core, Mindfulness encourages you to listen to the information that your mind and body are providing and to respond accordingly.

By identifying the things or relationships in your life that cause you stress, negativity or disharmony, you can start to engage more with the things, people, places and experiences that fill you with strength, joy, curiosity and happiness.

What are the benefits of Mindfulness?

Mindfulness allows you to see the present moment clearly and to engage with your thoughts and feelings as they happen – on a moment-to-moment basis. It is about tuning in to all your senses – sight, smell, sounds, tastes and touch – so that you can become more connected with your environment.

As you start to understand yourself better you become more aware of your internal dialog, giving yourself the opportunity to convert negative thoughts, self-criticism, self-doubt and self-depreciation, into more positive and uplifting ones.

This can have a profound effect on your mental wellbeing and state of mind and is a powerful mind-tool, now recommended by the [National Institute for Health and Care Excellence](#) (NICE) as a way to help prevent depression.

It encourages breaking repetitive routines – try something new – parking in a different space, eating a different lunch, walking a different route to work and to be mindful about how this changes your thoughts and feelings.

What does a typical Mindfulness class look like?

Meditation plays a big part in Mindfulness and there are several different types of Mindfulness meditation.

For example, body scan meditation helps builds an awareness of how you are feeling; movement meditation uses slow walking, Yoga and other physical mind-body exercises to let go of thoughts.

Breathing meditation is a quick 3-minute mediation to help release stress; expanding awareness meditation helps develop an open awareness to all the senses; and visualisation meditations can also be used to help you feel more centred and balanced.

During these meditations you will observe the present moment, make a mental note of thoughts and release them so you do not re-run your emotions.

How do I find a Mindfulness class that suits me?

There are two main types of Mindfulness so it is important to consider what brings you to want to learn about it.

Mindfulness-Based Cognitive Therapy (MBCT) is typically taught in 8-week classes and is best suited to mood issues such as depression. However, Mindfulness-Based Stress Reduction (MBSR) is based around meditation techniques which have a Buddhist format and help to restructure and reformat the way you live your life and change your mental processing, feelings and emotions.

Try a few introductory classes of diffident types of Mindfulness meditation before signing up to a course of the style that you enjoy the most.

Naturopathy



Naturopathy is the application of natural therapies, comprising far more than fasting, nutrition, water, and exercise. It includes natural healing practices such as Homeopathy, Acupuncture, and Herbal Medicine, as well as the use of modern methods like Bio-Resonance, Ozone-Therapy, and Colon Hydrotherapy.

At a time when modern technology, environmental pollution, poor diet, and stress play a significant role in the degradation of health, a Naturopath's ability to apply natural methods of healing is of considerable importance.

Naturopathy has been part of Germany for centuries. Many of the principles and philosophies of naturopathy originated in Germany and Europe in the 16th and 17th century. The original naturopaths – prior to 1900s – from around the world, were trained by European doctors using hydrotherapy, herbal medicine and other traditional forms of healing.

Currently, European countries consider their practice of naturopathy as a system of healthcare that has evolved by incorporating the traditional medicine of each country with the naturopathic principles, theories, modalities and traditions.

What are the benefits Naturopathy?

Some of the most common types of disorders treated using naturopathic medicine are digestive disorders, allergies, headaches, and common colds. Skin conditions may also be treated such as eczema and psoriasis.

They also cover any deep and complex issues where clients may be taking several different medications. They can also provide holistic approaches to treating mental disorders like anxiety and depression.

What does a typical Naturopathy session look like?

An initial naturopathy and nutrition consultation are usually 90 minutes. The naturopath will ask you everything about your health history that you can remember, going back to childhood, including your parent's health if possible.

Also, they will cover several areas of your health including nutritional deficiencies, food sensitivities, toxicity from the environment, gastrointestinal issues, digestive functioning, and may include hormonal issues.

At the end of this session a large amount of information about your health has been gathered to then build a tailored natural health, nutritional and lifestyle plan covering the key things that you should change.

How do I find a Naturopath that suits me?

As Naturopathy can cover a wide range of methods, it is good to discuss these with a practitioner before your session to see what they commonly offer. Additionally, it may be good to seek out one who is experienced in treating the concerns that you have.

Once you have decided on naturopathy, you can start to build up a list of potential practitioners, to contact prior to scheduling an appointment. Above all, you need to be comfortable with your decision, so it is good to research a little before you book.

Neuro Linguistic Programming



Neuro Linguistic Programming (NLP) was established in the 1970's by a University Professor, John Grinder and an undergraduate, Richard Bandler.

This curious duo observed that we gather information from the outside world using our five senses (nerves) and create a mental map about our experiences. This influences the way we think, feel, react, talk and control (programme) our daily actions, choices, mood and behaviour.

NLP is a powerful form of personal development. It involves techniques that help you access your mental maps, breakdown or untangle your beliefs and re-programme your language, habits, thoughts and behaviour to support you in achieving your goals.

What are the benefits of NLP?

Neuro Linguistic Programming is a form of life coaching which can be applied to personal development, relationships or business. It helps you uncover the next step in your life or career. NLP is a great choice if you are 'stuck in a rut', lack confidence, have low self-esteem or are simply scared of failure.

Practitioners read how you communicate unconsciously by observing your tone, facial expressions, body language and the type of words you use. From this, they translate how you are feeling about certain situations and experiences.

Neuro Linguistic Programming helps influence your sense of well-being by helping you observe negative thought processes. You become open to new opportunities and widen your perceptions – glass half full rather than half empty.

NLP is a useful tool if you are experiencing confidence issues, depression, stress, anxiety, fear, phobias and troubled relationships. It can also assist with team building, public speaking, improving communication and learning how to express what you truly feel.

What should I expect from a typical NLP appointment?

Neuro Linguistic Programming coaching sessions follow the same structure. Initially, you will be asked what you want to achieve, and this helps to form your goals. You will discuss your fears, anxieties, concerns, thoughts, feelings and relationship dynamics that could be holding you back.

Your NLP coach will run through some thought-provoking exercises to help reveal the mind maps that are actively preventing you from moving forward. During the session, the NLP practitioner uses techniques that create neurological changes converting your negative thought processes into positive solutions and future possibilities.

You could also be given a set of exercises to practice at home to reinforce your progress.

How do I find an NLP Practitioner that suits me?

Firstly, check that the practitioner you are interested in specialises in the area of support that you require.

NLP is all about language and communication so it is essential that you find an NLP therapist that you have a good rapport with and feel comfortable to freely and openly talk about your fears, concerns, anxieties and past experiences.

Recommendations from friends and colleagues are always welcomed but it is worth having an introductory phone, Skype or face-to-face chat to determine if you are a good client-therapist match.

NLP practitioners registered with the [ANLP](#) (Association for NLP), [A.I.P](#) (Association for Integrative Psychology) and [The Professional Guild of NLP](#) have credible qualifications, are committed to continual professional development and adhere to a code of conduct.

Nutritional Therapy



Nutritional Therapy is a holistic form of alternative medicine, which considers your past and current health conditions in relation to suspected dietary and lifestyle imbalances.

It works on the principle that you should supply the body with a correct balance of macro nutrients (fats, proteins, carbohydrates and fibre), micronutrients (vitamins, minerals) and phytonutrients (enzymes, antioxidants, plant extracts).

With proper nutrition, the 10 systems of the body (endocrine, immune, digestive, nervous, skin, cardiovascular, respiratory, lymphatic, muscles and skeletal, urinary) can exist in optimum health.

What are the benefits of Nutritional Therapy?

The benefits of Nutritional Therapy are that your whole body gets to function at its most optimal. By providing the body with all the nutrients it needs in the right portions and levels, you can move yourself towards optimal physical, mental and emotional health.

By maintaining a good nutritional status your body systems work smoothly. This creates a ripple of good health that enables hormones to be balanced, immune system to be strong, mind to be focused, digestion to run smoothly, and for all the repair work to body cells, tissues, organs, muscles, joints and bones to happen quickly and effectively.

Moreover, Nutritional Therapy promotes the absence of illness, improves longevity, and installs a sense of vitality and wellbeing.

All of us are individuals with specific nutrient requirements to help offset our pre-disposed genetic susceptibilities. A Nutritional Therapist helps can help to create a highly personalised diet, lifestyle and supplement plan to help achieve and maintain the best possible health. This may include mindfulness and exercise.

What does a typical appointment look like?

You could be asked to complete a comprehensive health questionnaire and food diary before your appointment. The Nutritional Therapist will gather more information from this about your health history, current health issues and food habits by asking you questions in your initial appointment.

They will explain which body systems they feel are out of balance and may suggest some health tests to uncover more specific imbalances, infections or nutrient deficiencies.

You will receive a list of diet and lifestyle recommendations to achieve over the next month and a list of nutritional supplements to help support your journey back to better health.

How do I find a Nutritional Therapist that suits me?

Because nutrition can affect all body systems some practitioners choose to specialise in a few areas of health.

Some nutritionists work more with mind, mood and behaviour focusing on anxiety, depression, anorexia, and food issues. Others focus on skin health (eczema, psoriasis, acne) or gut health ([IBS](#), [IBD](#), [Crohn's Disease](#), [Colitis](#), ulcers, gut infections, [candida](#)).

Some Nutritional Therapists work specifically on fertility, pregnancy and hormone conditions ([PMS](#), menopause, [endometriosis](#), [PCOS](#)) and others specialise in energy, metabolism and weight loss.

Polarity Therapy



Polarity Therapy was established by [Dr Randolph Stone](#); a chiropractor, naturopath and osteopath who developed an interest in Ayurvedic and Traditional Chinese Medicine.

Dr Stone observed the human body as an energy system, like a battery or a magnet, with positive, negative and neutral points through which energy called Prana or Chi flows.

Polarity therapy embraces the fundamentals of 'Polarity' in that there exists a point of balance in the middle of the attraction between two opposing forces – negative and positive – and maintaining this balance, within and around the body, helps perpetuate a state of good health and wellbeing.

What are the benefits of Polarity Therapy?

Polarity Therapy recognises that there are three types of electromagnetic energy fields in the body. Long currents that run north to south, transverse currents that run east to west; and spiral currents that expand out from the navel.

Balancing these electromagnetic fields inspires positive changes and facilitates personal transformations in physical health, level of energy, range of movement, mood and mind, level of stress and pain, and relationship dynamics.

Polarity therapy blends the art of balancing the electromagnetic fields with hands-on energy healing work and re-enforces this with the science of nutrition, exercise and counselling for a completely holistic approach to healing.

Polarity therapy recognises that a congested toxic body inhibits the flow of energy, so you could be advised to follow a cleansing or detoxifying diet full of natural foods. The exercise involved with Polarity Therapy is not fitness training, but a special form of Polarity Yoga used to relax muscles, ease pain and improve posture.

What does a typical appointment look like?

Initially you will discuss the health issues that you are looking to address, plus discuss your current style of eating, level of fitness and exercise.

Once up on the treatment couch the Polarity Therapist scans your electromagnetic fields and physical body for any energy blocks or imbalances.

During the hands-on energy work you may be encouraged to discuss any negative thought patterns or negative aspects of your relationships, work or lifestyle.

You will leave with tips on how to improve your diet, a set of simple Polarity Yoga movements to be practiced a few times a week and some counselling strategies to help transform your negative thoughts into positive ones.

How do I find a Polarity Therapist that suits me?

First, identify why you want to embrace Polarity Therapy as this will guide you towards the best-fit therapist.

For relationship issues or major life transitions, perhaps look for a therapist that has more counselling skills and experience.

When addressing a health complaint such as a digestive issue, then a more nutrition focused therapist would be appropriate.

If you have restrictive movement, posture problems of a sedentary job or lifestyle then Polarity Yoga and energy work could be worthwhile.

For those dealing with diagnosed degenerative diseases or chronic pain, an experienced energy worker could be the best match.

Pranic Healing



Pranic Healing is a no-touch system of healing which utilises the force or energy present in nature. This energy is called 'Prana' which is [Sanskrit](#) for life-force energy or subtle energy also known as Chi.

Prana radiates out from the body creating an aura and runs through the body via a system of channels called meridians and central points called Chakras.

It is believed that Prana comes from the earth, the sun and the air and helps balance, harmonise and transform the body. Pranic Healing embraces the body's own innate ability to self-repair, self-heal and return to a state of wellbeing.

What are the benefits of Pranic Healing?

Pranic Healing is a therapy with an almost infinite range of applications from building a deep spiritual connection to empowering change and personal development.

Once you have attuned yourself to the principle that physical, mental and emotional health issues are manifestations created by imbalances or blocks within the energy systems of the body, then you can master the art of balancing your Prana and improving the quality of your day-to-day life.

By healing past issues, you can help transform your work, relationships, health, mind, spirituality, vitality and ultimately shape the way you experience your life.

Therefore, Pranic Healing can be a powerful tool for alleviating stress, anxiety, addictions, managing chronic conditions and ongoing chronic pain. You can also apply the benefits of Pranic Healing to help build positive energy flow in your home or place of work. You can also assess whether relationships, events or your life choices are 'energy enriching' or 'energy draining'.

What does a typical Pranic Healing session look like?

A Pranic Healing appointment typically lasts 60 minutes and involves a brief chat about issues you are experiencing. These could be physical, mental or emotional problems or it may be that you want to get motivated and inspired to make certain changes in your life and lifestyle.

Then you just sit back, or lie on a treatment couch, close your eyes and relax with your palms facing up, with the tip of your tongue touching the roof of your palate. There may be gentle relaxing music played to help you settle and relax while the healing is channelled.

How do I find a Pranic Healer that suits me?

The approach to Pranic Healing can be quite varied as some healers work spiritually with enlightenment, whereas others are matter of fact and offer practical life coaching.

Some healers work with specific degenerative diseases or diagnosed conditions, others specialise in pain management, and some work holistically to balance the body's energy systems.

Psychology



Psychology is the study of the science of the mind. In particular, the impact the mind has on human behaviour, memory, thinking, language, sensation, perception, emotions, dreams and mental health.

Psychology helps you unravel whether your choices and behaviour are influenced by environmental factors or by genetics – nature vs nurture.

Originally there were two theoretical prospective – Functional Psychology, which aims to uncover the underlying cause of behaviour, and Structural Psychology, which focuses on introspection.

Behaviourists then created a more scientific method of studying behaviour and [Cognitive Psychology](#) was developed. Now there are a wide range of different branches of Psychology (Social, Behavioural, Cognitive), which offer different approaches, viewpoints and techniques.

What are the benefits of Psychology?

Many psychologists work to help people recover from stress, trauma, abuse, addictions, grief, bereavement and eating disorders.

They also address mental health issues such as depression, anxiety, panic attacks and obsessive-compulsive disorders.

Psychology can also be helpful for addressing communication problems within working teams, personal relationships or family dynamics. They can help with childhood development, eating disorders and parenting issues.

Some of the psychometric and personality profiling tests can also help you discover which type of job you maybe best suited too and help determine the best position for you within a team. For example, are you a natural project leader or do you shy away from responsibility and work best given a clear set of instructions?

Psychology can help you get a better understanding of how your conscious and sub-conscious mind influences your life choices, relationship choices and behaviour. A psychologist interprets your body language, emotions, feelings, and responses and offers a symbolic way of explaining your behaviour and responses.

What does a typical Psychology session look like?

It is not unusual to feel a bit anxious or emotional about your first Psychology session.

Just remember that your therapist can help put you at ease so you can feel comfortable to talk about any feelings relating to things you want to resolve. You will be asked about your mood, past issues, support networks, routine and coping strategies.

The psychologist may use some psychological testing (set of questions) to help identify strengths and weakness in your personality and behaviour.

Towards the end of the session the therapist explains why you are thinking, feeling or behaving in a certain way. They can provide empowering strategies to help you cope better.

How do I find a Psychologist that suits me?

This is a talking therapy so ideally you need to find a therapist that you feel you have a natural rapport with. Some psychologists specialise in specific mental health issues or certain types of trauma, whereas others may focus on relationships or career advice.

It is not unusual for psychologists to use other skills such as Hypnosis, Tapping, NLP, or Meditation, so in the introductory session, ask which treatment techniques the therapist uses.

Qigong



Qigong, also referred to as Chi Kung, is an ancient Chinese form of exercise. It involves the repetition of a specific set of precise movements. Some are gentle, some vigorous, some large and expansive and some subtle.

Movements are combined with deep breathing techniques and meditation to help relax, focus and align the mind, body and spirit.

The aim of Qigong is to promote and balance the flow of '[Qi](#)' (a form of energy) through various energy channels (pathways) within the body. This can have a harmonising and rejuvenating effect believed to nourish all parts of the body and improve longevity.

What are the benefits of Qigong?

Qigong has a wide range of physical, mental and spiritual health benefits. This includes strengthening energy flow to internal organs, improving circulation to the brain and supporting heart health. It also balances emotions and aids the management of stress and anxiety.

Since Qigong is a form of martial art it can increase your strength, balance, power and help prevent injury. The calming effects of Qigong help to support the management of healthy blood pressure. The gentle exercises help relax muscles, loosen joints and aid mobility particularly useful for arthritis.

Qigong is also viewed as a spiritual discipline leading to self-awareness, tranquillity and harmony through mediation, mantras and [mudras](#) to help develop a sense of enlightenment.

All classes encourage you to learn how to be aware of your Qi and to develop your sensitivity to this awareness. Then you can start to eliminate Qi blockages, correct Qi imbalances and strengthen the energy meridians that flow around the body.

What can I expect from a typical Qigong class?

Qigong classes are typically run by a single instructor and can be held in small or large groups, in spaces like community halls or in gym studios. Some classes will even take place outside in suitable green spaces – parks, private gardens, beaches or recreation grounds.

You will need to wear comfortable clothing that allows you to move freely and regulate your body temperature.

The class instructor will slowly demonstrate the set of movements for that class giving you a chance to watch, learn and then repeat these movements yourself. During classes, the instructors may come over to you and give you individual guidance.

How do I find a Qigong instructor that suits me?

There are lots of different styles, so it is important to go to a few different induction classes before committing to a series or 'term' of classes.

Some instructors will bring in more meditation, others will focus on deep breathing techniques, some classes will encourage more dynamic movement whereas other classes will involve holding the postures for a long time.

Reflexology



Reflexology rests on the ancient Chinese belief in Qi, or “vital energy.” According to this belief, Qi flows through each person. When a person feels stressed, their body blocks Qi.

This can cause an imbalance in the body that leads to illness. Reflexology aims to keep Qi flowing through the body, keeping it balanced and disease free.

In Chinese medicine, different body parts correspond with different pressure points on the body. Reflexologists use maps of these points in the feet, hands, and ears to determine where they should apply pressure. Their touch sends energy flowing through a person’s body until it reaches the area in need of healing.

Experiences with reflexology sessions vary from a general feeling of relaxation, to a sense of "lightness" or tingling in the body, as well as feelings of warmth, a sense of "opening," or "energy moving" from the practitioner's pressure to the specific body area or organ.

What are the benefits Reflexology?

Reflexology is linked to many benefits. This includes reducing stress and anxiety, reducing pain, lifting the mood, and improving general well-being.

Additionally, people often report that reflexology helps them to boost their immune system, fight cancer, get over colds and bacterial infections and clear up sinus issues. It can also help with recovery from back problems, correcting hormonal imbalances, boosting fertility, improving digestion, and easing arthritis pain.

Some have also reported it helped with nerve problems and numbness from cancer drugs (peripheral neuropathy).

What does a typical Reflexology session look like?

The Reflexologist will conduct a brief health history, checking in case reflexology may not be the best choice of therapy for you. The practitioner will explain how reflexology works and what to expect in the session.

The practitioner may choose to work only on the feet, or the hands, or the ears, depending on your specific health issues. Some problems respond better to the reinforcement of work on all three — hands, ears, and feet.

Everyone's needs are different — for example, a patient in the hospital may have IV's and multiple tubes and wires, so a reflexology session may be limited to the feet by necessity.

How do I find a Reflexologist that suits me?

You should start by building up a list of potential practitioners to contact. It is good to contact them before booking as you should feel comfortable communicating with the reflexologist.

It is okay, and even expected, for you to ask questions. If the practitioner is not forthcoming with information or is dismissive of questions or concerns you may wish to consider another practitioner.

Reiki



Reiki is a form of spiritual healing founded by a Japanese [Tendai](#) Buddhist monk Mikao Usia, who attained his information during 21-day meditations.

He incorporated this with his knowledge of Chinese Medicine, acupuncture and Qigong to create a new healing technique. The life-force energy is channelled through the practitioner and passed onto the recipient to help heal and harmonise the body, mind and spirit.

Usia passed on his healing techniques to Dr Hayashi who developed a sequence of hand positions and symbols. He also created a Handbook used to initiate 17 Reiki Masters. One of these masters was Mrs Takakt who brought Reiki to the Western world.

What are the benefits of Reiki?

Reiki promotes all aspect of good health by helping to re-charge and balance the energy systems – meridians and chakras – of the body.

Strengthening the flow of life-force energy around the body enables parts of the mind, body and spirit to become healed. This allows mental, emotional and spiritual growth and enlightenment.

Harmonising energy flow also helps the stresses, strains and anxieties of day-to-day life to become diminished. This in turn helps build energy reserves, improves sleep, strengthens the immune system, supports hormone balance, clears toxins, nourishes the organs and settles digestion.

Reiki can help calm a busy mind and provides a tool to help you cope in stressful or emotionally demanding situations. When the mind is still, and the body is balanced we can often be at our most creative. Reiki can help be a springboard for new ideas, inspiration and positive thinking. To practice on yourself you to have an 'attunement' from a Reiki master.

What does a typical Reiki appointment look like?

A typical appointment will last 60 minutes. Initially, you will be asked about your health complaints and emotional difficulties.

When with a practitioner, they will gently place both hands on you, working from your head, down along your body, legs and eventually your feet.

The practitioner may deviate from the sequence of hand movements to focus on any areas that need energy balancing or additional healing.

You may feel warm or cold sensations under the practitioner's hands, you may occasionally feel emotional but generally you should feel relaxed and peaceful throughout your appointment and you may even drift off to sleep.

How do I find a Reiki practitioner that suits me?

There are different levels practitioners can graduate through. These levels reflect how the practitioner can utilise the life-force energy that is channelled.

Practitioners with level 1 have received an attunement that mainly benefits the physical body.

Level 2 provides a higher-level of energy vibrations which benefits the subtle body (aura) and the last level is that of Master. The attunement increases the energy vibration and this level also enables the practitioner to teach Reiki.

Shamanism



Shamanism is the study and practice of accumulating, storing, and utilising power to suspend everyday laws of nature and to influence and manipulate reality for the purposes of healing, prophesying, divining, and engaging in supernatural feats.

Shamanism is the world's oldest spiritual path coupled with practical strategies for survival. It is a nature-based path of direct revelation meaning that each person has access to Spirit and spirits without need of any hierarchical structure.

Shamanism is a cross-cultural spiritual path practised in every continent of the world. It is remarkably similar everywhere even though, throughout history there has been little contact between shamans in widely divergent parts of the world.

What are the benefits Shamanism?

The benefits of shamanic healing are many. Although all shamans are unique and have their own distinct techniques and practices to restore their patients to good health, they share the fact that they are all dedicated to holistic restoration. This means that they work toward rebuilding one's spiritual, emotional, physical, and mental health.

If you want to sleep better, feel better, think clearer, and feel fewer negative emotions, shamanic healing may be right for you. Those who experience shamanic healing often experience whole-body health benefits that transcend what conventional medicine has to offer.

What does a typical Shamanism session look like?

A shamanic healing starts with an interview to find out fully about the client, any symptoms, medications, background. The practitioner then prepares themselves, usually by silently observing the patient in a meditative state, by asking their allies or helping spirits and the patient's allies to help them see what is needed in the healing.

Depending on the information they receive they may take various approaches to the healing, using shamanic tools. Since most problems come from dammed up flows of energy the most common approach is restore circulation and movement of energy in the body.

The practitioner may use sound healing with a drum or rattle, feathers, tobacco, crystals or other tools to clear resistance in the form of fear or anger patterns, get circulation moving again, restore lost parts of self, or energetically extract foreign energy or obstacles. Occasionally they may use simple massage techniques. Commonly the practitioner will sing, whistle, or hum traditional healing songs.

How do I find a specialist that suits me?

You should consider several factors when choosing a shamanic healer. Consider their training or story of how they came to do this work or where they gained their knowledge.

Understand their methods and see what approaches appeal to you. For example, healers may have follow-up sessions, group therapy, training you in journeying to work with healing afterwards, they may work with art, stones and crystals. Also see if they specialise in an area you are looking for help with.

A good shaman knows they are just making the connection between you and the spirit world, trying to connect you with what you need. You should never turn over your spiritual authority to any healer or spiritual teacher. A good healer, a good teacher, is looking for you to find your own empowerment.

The way the healer explains your healing is important. Shamanic practitioners must distinguish what information is to guide their healing and what is to translate to you what they saw to guide you on your healing.

A good shaman is one who accepts you just the way you are. Shamans are called the wounded healer, because their own difficulties and traumas are how they learned to be compassionate. Their ongoing healing process helped them learn how to help you.

Shamanic healing is a deep process whose result unfold over time. Shamanic healing is not a quick fix, the power of the healing can be subtle, but very profound.

Sound Therapy



Healing with sound is believed to date back to ancient Greece when music was used to cure mental disorders. Throughout history, sound has been used to boost morale in military troops, help people work faster and more productively, and even ward off evil spirits by chanting.

Sound therapy is also known as sound healing and vibrational healing. Often it includes the use of human voice or other objects such as Tibetan singing bowls, gongs, drums and other instruments. The aim is to produce sounds that stimulate healing and relaxation.

What are the benefits of Sound Therapy?

Sound Therapy techniques vary but all involve the application of sound waves and harmonic vibrations to the body. This is with the use of instruments, including the human voice. Sound helps to facilitate shifts in our brainwave state by using entrainment. Entrainment synchronizes our fluctuating brainwaves by providing a stable frequency which the brainwave can attune to.

By using rhythm and frequency, we can entrain our brainwaves. It then becomes possible to down-shift our normal beta state (normal waking consciousness) to alpha

(relaxed consciousness). We can even reach theta (meditative state) and delta (sleep, where internal healing can occur).

Sound Therapy is effective in not only achieving a state of relaxation, but it also has a way of moving through blockages in the body. Sound Therapy has been known to help treat such conditions as stress, anxiety, high blood pressure, depression, sleep disorders, pain and autism.

What does a typical Sound Therapy session look like?

A typical session lasts around 75 minutes, of which 45 – 50 minutes is pure Sound. Sound Healing instruments are used, some of which are applied to the physical body, others played around the body in the subtle energy fields and energy centres (chakras).

Very deep relaxation, a profound sense of feeling nurtured and supported in a Safe bubble of Soothing and Harmonising Sound. Tuning Forks, Singing Bowls (both Tibetan and Quartz Crystal singing bowls), and the amazing Monochord Sound Treatment Bed are just some of the Sound Healing tools used in a Sound Therapy Session. Instruments are either played close to the body or placed directly in contact with the body. Tuning Forks can be used on Reflex points, articulations and meridian points, as well as over and around the chakras.

How do I find a specialist that suits me?

Sound healing can take on many forms. Some practitioners will use a single tool, or many tools during the session and these sessions can be quite passive where you receive the vibration.

Other sounding sessions can be vocal based whether either vocal sounding techniques are used for you to receive passive sound, or you actively engage in your own vocal sounding to release trapped emotions.

Consider what type of sounding you would like to experience or try a few different ones to see what resonates best for you.

You may wish to consider the types of instruments you will want used such as

Tai Chi



Tai Chi also known as Tai Chi Chuan , is a traditional form of [Chinese Martial Art](#) that was originally developed in the 13th Century.

It involves a series of slow, graceful, flowing movements combined with deep breathing and relaxation techniques. Tai Chi has been embraced by the West as a form of gentle, low impact exercise suitable for all ages, abilities and disabilities.

There are three main styles of Tai Chi including Chen, Yang and Wu, which simply vary in the speed of the exercises and the length of time that the positions are held for.

What are the benefits of Tai Chi?

Tai Chi works on two levels. Firstly, it helps to improve the quality and flow of Chi, or Qi (life-force energy) around the subtle energy systems of the body. It helps balance the two opposing energy forces that exist within the body – Yin and Yang. By unblocking and harmonising these energy forces the body is returned to a state of balance.

Secondly, Tai Chi works on the physical body by supporting elements of fitness. This includes proprioception, muscle strength, upper and lower body flexibility, balance, and breathing.

Tai Chi is often referred to as 'Meditation in motion' as it is a good aid to help with stress, pain and recovery from illness or surgery.

The physical benefits of Tai Chi are applicable for joint pain and stiffness, muscle stiffness, poor joint mobility and flexibility (knees, ankles, hips). The gentle movements are suitable for some mild osteoporosis.

What does a typical Tai Chi class look like?

You will need to wear loose, comfortable clothing that allows full range of movement. Lightweight shoes or trainers will also help your balance and coordination.

Classes will typically last for an hour. The teacher will demonstrate a sequence of movements giving you a chance to repeat, learn and perfect.

Once you have learned the sequence of movements you can then practice on your own and anywhere. For instance, at home and in a park or garden.

The benefit of attending a class is that the teacher can correct your positions and movements so that you get the best out of your practice.

How do I find a Tai Chi class that suits me?

You may want to watch a class or attend a free taster session to see if you think that the exercises are suitable for your range of movement and level of fitness.

The class instructor can always make suggestions of ways to help you get started regardless of your mobility – like using a chair if you find that more comfortable.

It is definitely a good idea to check that you are joining a class that is the right level for you – beginner, intermediate or advanced – as this ensures the right level of teaching to help you progress.

Taoism



Taoism is an ancient Chinese philosophy that is deeply rooted in Chinese custom and culture. It influences Chinese disciplines such as Qigong, Tai Chi Chuan and the Chinese Martial Arts.

Taoists believe in a presence called 'The Tao' often referred to as the 'Mother or source of all things' which existed before our universe was created. Taoism is based on the principle that Tao still exists today and that all things are connect to Tao. This presence helps to guide and shape the world we live in.

Taoism is centred around achieving harmony, balance and union with nature and spirituality.

What are the benefits of Taoism?

Taoists view the body as a micro-universe filled with Tao. To achieve and maintain balance within the body you must focus on the unity of opposite forces. Opposites like yin and yang, male and female, light and dark, action and non-action or hot and cold. These forces need to be in balance for harmony to exist within your body.

When these forces are balanced the life-force, energy called Qi, flows freely energising the body, mind and spirit. This instils a sense of wellbeing and improves longevity.

The health benefits of Taoism relate to a pure and honest existence. This includes abstaining from alcohol, red meat, beans and grains, processed foods in order to promote good physical health. The use of meditation to create mental breathing space.

Taoism is a way of life, so the principles of balancing opposing forces are also to be applied to the home, the surrounding environment and the planet.

What does a typical Taoism class look like?

During a class, your attention will be brought to identifying the areas of your life where chaos exists and exploring ways to bring in order to restore harmony.

Taoism does not separate out the body from the spirit, so physical activities including Yoga, Meditation and Martial Arts are considered to nourish spiritual growth.

Rituals can be used, which involve purification, meditation, chanting, dancing and playing instruments. The aim is generating cosmic renewal, the balancing of life-force energy and a deepening of your spiritual connection to Tao.

Classes are taught in groups, each with a spiritual teacher and there are many different sub-divisions from ancient to modern Taoism.

How do I find a Taoist group that suits me?

There are plenty of books and online resources that can help you get clued up with the philosophy and principles of Taoism. These all make for good background reading but to help you make changes in your lifestyle it is best to join a group.

However, the groups vary considerably according to the activities and rituals that are taught. Some divisions focus on rituals for social responsibility (Supreme Union), some are based on liturgical tradition (Divine Empyrean), and others on meditation (Golden Elixir).

Go along to a few local groups and see which one you feel most suits the transformation that you want to achieve.

Tapping



Tapping is a self-help tool that combines aspects of acupuncture, neuro-linguistic programming (NLP), energy medicine and thought field therapy.

It was originally developed by Gary Craig in the late 1990s and is called Emotional Freedom Techniques. It is commonly known as EFT, Tapping or Psychological Acupressure.

Tapping works by releasing energy blocks associated with emotional discomfort or emotional intensity. These emotions have shaped your beliefs, mood, behaviour patterns, ability to cope in certain situations.

They may have even limited your life and contributed to poor self-confidence, low self-esteem, low mood and feeling unable to move forward in life. By removing these limiting factors, you evolve your life and flourish with positivity and potential.

What are the benefits of Tapping?

Tapping essentially wipes the slate clean on learnt responses and negative emotions associated with particular circumstances. Then you can re-configure how you respond, think, feel and behave.

One of the major benefits is that you can quickly apply this affirmation technique to help calm yourself as soon as you feel your emotional state intensifying.

It is safe, non-invasive, easy to learn and easy to apply and it is a technique that could change your life in many ways. Tapping acts as a go-to tool for times of pain, cravings, obsessive behaviour, addictive tendencies and headaches. It also works with phobias as it helps to dissipate the fear, anxiety, control and worry that underpins them.

Moreover, it can help with life's positives! Attracting good relationships, embracing the next step at work and in your personal life, help you achieve your goals, and manifest new opportunities to live your life to the full.

What does a typical Tapping appointment look like?

It is beneficial to start with one-to-one sessions, rather than a group class, so that a practitioner can help guide you through trauma and stressful emotions. They can also teach you the tapping techniques and sequences that are best suited to your set of issues and desired outcomes.

Tapping involves using fingertips to tap a sequence of acupuncture points on various meridians found on the face, neck, head, hands and collarbone. This is done while also thinking about the particular problem, issue or stressful event.

The tapping changes the energy flow within the meridian, restoring energy balance, and releases or dampens down negative emotion.

How do I find an EFT practitioner that suits me?

There is a level of opening up involved with Tapping, as you need to feel safe to explore past traumas and stressful events. It is therefore important to have some introductory talks with a few practitioners and then select the one that you feel the most comfortable with.

You may want to choose a practitioner who specialises in a health niche – for example cravings, anxiety, phobias or addictions.

Ideally you also want to choose a practitioner who will help motivate you to really dig deep. They should act as a good sounding board to help you to formulate your next big (or little) life steps.

Traditional Chinese Medicine



Traditional Chinese Medicine is an overarching wellness and health system in which treatment can encompass a range of therapies including acupuncture, moxibustion (the burning of a herb on or near the skin), cupping, massage nutrition and herbal medicines.

TCM an ancient Chinese wellness and health system that has been practised for thousands of years. Unlike western medicine that solely focuses on the illness, TCM concentrates on the entire being, providing treatments that restore balance and harmony to the body

It focuses on the energy force known as Qi (chi). In a healthy body, this life force flows smoothly and strongly through the body. Should this force become weakened or even blocked, illness is likely to result. Qi is composed of opposing elements - yin and yang - which also need to be kept in balance for good health.

Preventing health problems before they arise is as important as treating them in TCM. Knowledge of a person's lifestyle is an important consideration for a doctor of TCM. Diet, exercise, sleep and the surrounding environment are all important factors when assessing a patient.

What are the benefits Traditional Chinese Medicine?

As a wellness and health system, Traditional Chinese Medicine (TCM) treats several issues and ailments from a holistic perspective. People use TCM for treatment of pain, IBS, colitis, infertility, neuropathy, arthritis, insomnia, stress and depression. TCM can treat chronic and/or acute problems as well.

People also report benefits such as improving sleep, regulating menstrual cycle, improving menopausal symptoms, improving digestion, improving breathing, an increase energy and reducing cold and flu symptoms.

What does a typical TCM session look like?

TCM practitioners assess your situation in its entire context. They listen to your story, as well as gather information from "nonverbal elements," such as your demeanour, movement, voice, bodily sounds, and complexion.

Often, they will examine your tongue, take your pulse and temperature, and then feel your skin, muscle tone, internal organs, etc, as appropriate. They are working under a set of diagnostic principles that strive to identify imbalance.

Imbalance is made manifest by patterns of disharmony (known as *bian zheng*). An example of imbalance may manifest in you feeling a headache. The TCM practitioner would look at the headache in a large context, seeking to find if this disharmony is caused by excess (like too much stress or activity) or deficiency (like not enough food or sleep).

The TCM practitioner will then prescribe a treatment of combination of treatments to bring your holistic being back into harmony.

How do I find a TCM Practitioner that suits me?

Many practitioners may be doctors from China who have a degree from five years' full-time training at university then a year's practice in hospital. While TCM is not typically regulated in the West, there are a number of self-regulating professional bodies, such as the [Association of Traditional Chinese Medicine](#) (ATCM).

Professional bodies regulate their members to ensure that they follow strict hygiene and safety standards. Their aim is to protect the public and to ensure quality and safety of treatment. Typically, to be registered, practitioners must prove they are qualified and experienced, must pass interviews and exams and provide evidence of continuing personal development.

It is therefore wise to choose someone who is a member of a regulated professional body. Ask a practitioner for their accreditation and qualification. You should not feel shy, and most practitioners would have no problems furnishing you with this information, and you may want to bypass any who do not.

Western Herbal Medicine



Western Herbal Medicine (WHM) is a form of the healing arts that draws from herbal traditions of Europe and the Americas. It emphasises the study and use of European and Native American herbs in the treatment and prevention of illness.

Herbal medicine is the oldest form of healing known. Possibly massage is older because it is an instinctive response to rub ourselves when we hurt, but from archaeological and anthropological evidence it is certain that even our most primitive forbears made use of the abundance of plants around them to treat their many and varied ailments.

Their intimate connection to the earth may have enabled these people to communicate in some way with the plants, through techniques such as deep contemplation, ritual and ceremony, and so to gain insight into their therapeutic uses.

What are the benefits Western Herbal Medicine?

Many plant extracts contain powerful active ingredients; they may, for example, have antibiotic, anti-inflammatory or anti-viral properties but they are used by herbalists in a different way from the way doctors use conventional drugs.

In other words, they are not designed simply to alleviate symptoms but also to restore the body's natural state of balance so that it can deal with the underlying cause of the symptoms.

This effect is achieved by careful selection of the appropriate remedies, bearing in mind not only the important active ingredients but also the plant's secondary components, which play a role in the healing process.

What does a typical WHM appointment look like?

The fact that herbalism is a holistic therapy means that a practitioner will need a great deal of information before deciding how to treat an individual. It is likely that, as well as prescribing remedies, the herbalist will give you advice about a healthy diet and any other lifestyle changes that may be needed to improve your general wellbeing.

It is important to tell the herbalist who is treating you about any other medication you are currently taking, whether on prescription or bought over the counter, as some remedies may interact with orthodox medicines.

Equally important, you should make sure that any doctor treating you knows that you are already taking or are intending to take a herbal remedy. If you decide to treat yourself rather than consult a trained herbalist, it is a wise precaution to consult your GP if you have a long-standing condition and/or are currently taking any medication prescribed by him or her.

How do I find a specialist that suits me?

WHM practitioners may specialise in treating certain issues or ailments. You may want to consider what you want to address, and then search for a practitioner specialising in that field.

Additionally, as with any holistic discipline which requires you to provide personal information to your practitioner, you will want to make sure that you are comfortable with them. It is good practice to contact them before you make an appointment.

Yoga



Yoga means 'union' in [Sanskrit](#) and is a series of physical postures (asanas), breathing exercises (pranayama) and meditation that began in India over 3000 years ago and aims to achieve 'enlightenment'.

There are four branches of yoga which all begin with hatha, the physical practice which balances the left and right sides of the body.

- Raja is the control of the mind.
- Jnana is the philosophical approach.
- Karma is selflessness, doing tasks for no personal gain, but as an offering to God.
- Bhakti involves devotion where chanting, mantras and ceremonies develop humility and channel love to all beings.

What are the benefits of Yoga?

Yoga is completely holistic, it provides an entire health workout, like no other form of exercise around today, bringing so many benefits on every level: spiritual, emotional, physical and psychological.

Many people start yoga when they are in pain or discomfort or unwell. If you start when you are healthy then it can help take your health, flexibility and vitality to another level.

Yoga can tone, lengthen and strengthen muscles and increase flexibility, core stability and aid relaxation. It helps to relax the mind and reduce stress levels. Studies have shown that yoga helps support blood sugar balance, reduce blood pressure and reduce inflammatory markers. Yoga can also be of benefit for eating disorders, depression, anxiety and memory function.

The asanas stimulate and nourish the systems and the organs of the body. When practising the asanas, breathing exercises and meditation, the nervous and endocrine systems are harmonised encouraging balance and stillness.

What does a typical Yoga class look like?

You could start with a few on-to-one yoga sessions for some focused teaching to get familiarised with the asanas.

Then sign-up to a group class where there will be one teacher demonstrating and talking you through the movements, breathing and meditations, expect anything from 10 to 40 people in a class.

Pranayama is an important element of any yoga practice. 'Prana' means 'life-force' or 'vital energy' and 'yama' means 'restraint'. Pranayama is about controlling the life-force (your breath) and learning how to use the breath to guide you in and out of the asanas, to release stress and tension from the body, to settle the mind and nourish your whole body with oxygen.

How do I find a Yoga class that suits me?

There are many variations of yoga. Some are spiritual with chanting (Kundalini, Jivamukti). There are more physical ones (Iyenga, Ashtanga, Vinyasa). Some are carried out in a hot room (Bikram) and some that are slower paced (Yin, Restorative).

Try a few different introductory classes before committing to a course of classes. You will need a yoga mat, water bottle, clothing (leggings, vest top) and a warm top, socks or light blanket for the closing meditations.

Pick an appropriate class – beginner, intermediate or advanced level and let the yoga teacher know if you have any injuries or health issues so alternative asanas can be suggested for you.

Zen Philosophy



Zen Philosophy is the Japanese form of [Mahayana Buddhism](#) developed in China and heavily influenced by Taoism. It is considered a 'Way of Life' that aims to achieve enlightenment (a state of oneness with the universe) with intuition and mediation.

Zen Philosophy views the world as a mind that has no grasping thoughts or feelings. This is the no-mind state of consciousness where thoughts and feelings come and go with a 'leave no trace' policy.

Moreover, Zen embraces a viewpoint that life is as it is, meaning that things happen, and this is as it is and not what those things 'could' represent.

What are the benefits of Zen Philosophy?

The Zen way of life very much involves living in the moment and letting thoughts travel through the mind rather than being trapped within the mind to be churned over and over.

This freeing of mental processing helps to improve mental health and lift the state mind. This can reduce worry, stress and anxiety, lighten the mental load, clear thought processes and reduce internal negative dialog.

There are many upsides to this liberated state of mind. Improved sense of self, improved self-confidence, heightened creativity, stronger sense of awareness and even better will power are all benefits.

Physical health can also be impacted by this positive mindset and meditations. This includes reduced stress, reduced blood pressure, better pain management and there is also a knock-on effect for sleep, energy, stable mood and general wellbeing.

Aim to use your intuition and insights gained during meditations to steer you towards a happier, more connected and fulfilling life.

What does a typical Zen class look like?

During a Zen workshop, class or group the Zen teacher demonstrates different Zen techniques such as breath work, Yoga, Meditation or Chanting.

These aim to empty and calm the mind, install a sense of relaxation and aid reflection. Wear comfortable clothing as you tend to sit cross legged in the lotus position for the meditations.

Typically, the class will start with breath work. Observing your breath, connecting to each breath and changing the way you breathe helps relax the body. You will then move on to the meditations and observing the mind for any thoughts, feelings and intuition.

How do I find a Zen Teacher that suits me?

There are lots of books and online resources that can help you build your knowledge about the Zen philosophy. Then you can easily apply these concepts to your lifestyle, thought processes and your home environment.

There are also online Zen Meditations, but you may find that joining a local class helps you hone your meditations skills and provides more guidance about the way to meditate from the class teacher.

Each teacher will conduct their own style of breath work, Meditation, Yoga and other rituals such as Chanting so try a few introductory classes to see which style gives you the most benefit.

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