



Anne Ryan

**Holistic Therapist
Reiki Healing
Crystal Healing
Colour Therapy
Crystal Healing Workshops
Awakening Workshops**

Holistic Therapy has been a lifelong passion since my teens which I knew I would pursue when I had my family. Over the years my passion grew and 7 years ago I took the long awaited step and began my journey of self-discovery, finding my purpose & nurturing my soul, healing and awakening. I was particularly drawn to energy healing and was guided where to start learning different modules and courses. Throughout my journey crystals brought balance, healing and many insights and in 2016 I coached my first class in crystal healing. The next step led me through the awakening process assisted by Shamanism and part of the process for me brought a particular illness and how to heal myself from it. Energy Healing & teaching is my purpose and it not only taught me the benefits of Holistic Therapy, it also showed me the true effect energy has on us, the power we have within to bring positive healing to our lives, the need to release out worn patterns of thinking and I look forward to sharing my knowledge, healing and Angel teachings from with you.

In my spare time I love to spend time in nature whether it be walking or relaxing with the animals & elements. I was led to Shamanism during the awakening process and I am currently studying Shamanism Certification & creating future workshops.

Certified Courses: Crystal Healing, Colour Therapy, Life Coaching, Reiki 1,2 & Master level, Angelic Mediumship, Holistic Pain Management, Massage Therapy, Mindfulness, Psychotherapy & Counselling, Herbalism, Angelic Spiritual Teaching, Shamanism.

I am a member of the International College of Holistic Medicine & am Insured with their accreditation body.

Reiki Healing During a Reiki Healing session there will be a consultation how a client is feeling, if there are any areas needing focused attention for example stress levels, where stress is coming from and how to release & improve levels. A Client will then lay down fully clothed where I will place my hands over areas over the body from head to toe without applying any pressure or touch. The benefits are reduced stress levels, clarity of mind & clear thinking, releasing of anxiety, fear & trapped emotions, calm relaxation increasing a greater sense of peace & equilibrium within.

Crystal Healing During a Crystal Healing session a client will lay down fully clothed where crystals will be laid at key points around the body and on each of our 8 Chakras. Before the crystals are placed on the body energy will be assessed with

the use of a pendulum to assess under balance/over balance in each Chakra. No pressure or touch will be applied. Balance will be restored with the use of a Crystal charger at each Chakra and balance assessed again with the pendulum to ensure equilibrium has been restored. It is a soothing relaxing session which will bring feelings of peace and sync to the Chakras and emotions.

During a **Colour Therapy** session there will be a consultation how a client is feeling and the introduction of colours that may be needed for optimum energy levels. A client will then lay down and coloured light will be reflected to their body for 15-20 minutes. Colour affects our energy centres which can become imbalanced through illness, pollutants, stress and trapped emotions which can result in feelings of mental or physical fatigue, exhaustion, feeling powerless, frustration, anxiety, fear and loneliness. Coloured light will travel to our pituitary gland (Master gland of the Endocrine system) affecting our entire metabolism. Wearing a white t-shirt/top/shirt is optional as in cooler winter months wearing white the body will receive the colour rays not only on their exposed skin such as face & hands but also to their upper body.

Light Therapy will improve our serotonin and melatonin levels and is effective in treating S.A.D (Seasonal Affective Disorder) by increasing our mood and energy levels improving our wellbeing. SAD sessions include consultation & 30 minutes' light reflection. Light will travel to our pituitary gland (Master gland of the Endocrine system) enhancing our entire metabolism.

SAD - 5 1 hour sessions are recommended, 1 hour €60, 3&5 sessions discount applies if paid in full.

Website anneryanenergyhealing.com
Email anneryanenergyhealing@gmail.com
Facebook facebook.com/Anne-Ryan-Energy-Healing-114642063700991
Mobile 083-084-6845