



Rainbows of Light – Kate Hanly

**Reiki Tummo Master
Magnified Healing Teacher and Practitioner
Metamorphic Technique Practitioner
Indian Head Massage Therapist
Meditation Facilitator**

Rainbows of Light is a tranquil healing space based in the Urban Co-Op, Limerick, offering a variety of holistic therapies that help promote healing and harmony to the physical, mental, emotional and spiritual layers of the body.

Kate began her training 11 years ago, becoming a Magnified Healing teacher and practitioner. She then qualified in Metamorphic Technique, Indian Head Massage and completed training in Emotional Freedom Techniques. Kate's deepest passion, however, lies with Reiki Tummo Healing.

After experiencing deep healing and transformation in every area of her life following a series of Reiki Tummo Healing sessions, Kate fell in love with the beautiful and peaceful energy of this healing modality and felt drawn to train to become a Reiki Tummo Master. After her training she completed numerous workshops and spiritual retreats under the guidance of renowned Eastern Yogis and Spiritual Masters to deepen her experience and knowledge.

Along with these therapies Kate also runs a weekly Healing Meditation class. Kate is passionate about helping people feel empowered by guiding them in aligning their energy and connecting to the essence of their being. At our very core, we are made up of pure love and peace. However, during life's challenges, this often becomes clouded with fear, pain, or doubt. When our frequency is raised to that of pure love, healing occurs on all levels and we remember who we truly are at a soul level.

The name Rainbows of Light was inspired by Kate's love of both energy work and art. The seven colours of the rainbow correspond to the colours of the seven main energy chakras in the body and Kates loves to create bright, vibrant paintings, usually containing every colour of the rainbow and more.

As well as painting, Kate's other passions include creating delicious vegetarian food, reading, and being immersed in nature, whether it is hiking, running, or cycling. Kate is a mom to 3 wonderful children and a student in UL embarking on her final year in B.S Psychology.

For any more information please feel free to contact Kate.

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