

[View this email in your browser](#)



I hope you are well, and finding ways to ease any stress or anxiety, and I also hope that you're finding joy in these challenging times too.

For myself, it has been a time for going within<sup>🧘</sup>, for looking at what feels right for me, and to not judge myself by comparing myself to what others are doing/offering/creating to put out into the world. And it has taken time to reconcile with what I feel I 'should' be doing, and what has felt authentic for me.

I have been quiet, I have baked, I have sown, and sewn, a few things (seeds and fabric), I have read a book, and I have become much more home-focused and contented doing that. I've shed those anxieties around what I feel is expected of me (by myself, actually!) and all those self-development and body fitness regimes that I have not really committed to. I'm fine. As me. I don't have to be running at the forefront of a particular activity to prove anything (again – to myself).

There is an enormous volume of amazing spiritual, practical, and physical health help being offered online and I have enjoyed a good deal of it. So, thank you so much to everyone who is out there involved with that.

But I have sometimes felt overwhelmed and a little inadequate and I want to hide away. So I was reluctant to be emailing out and contacting clients. I've thought about it – and wondered I am just being lazy – and it doesn't feel like that. I just didn't want to add to what was on offer already, and I wanted to stay quiet and rather solitary. Turns out I'm not so keen on groups! I do prefer smaller numbers of people –

It goes without saying I'm sending massive thanks to our wonderful NHS and Care sector staff, along with so many other workers who are supporting us. Thank you, thank you, thank you for your tireless and selfless work.

In the midst of all this – please know I have thought often about you and wondered how you're getting on. Thank you for your support for my little business – it's very much appreciated – thank you!

I do now offer Oracle card readings. Sometimes, in uncertain times, we find spiritual guidance can prove helpful, offering some welcome pointers in the right direction. Payment by donation, on what works for you.



So if you would like to get in touch I am still here! I am offering distant Reiki, which works with the client sat or lying comfortably at home, at an agreed time, and I do the Reiki session as normal here on the boat. And it works! :-)

I'm also offering online Reiki 1 training and attunement, with the in-person attunement being completed once we are able to meet up.

And to any existing Reiki students – I would love to hear how you are getting on, or if you have any questions, or if you would just like to touch base – do give me a shout.

So I wish you all a peaceful week, hopefully with some joy in there too!

Take good care of yourselves, and thank you for reading, for your support, and I send out blessings to you and your dear ones. And here's a rather lovely sunset shot from Healing in the Harbour from Thursday last week!



With love Helen xx

07796137550



---

*Copyright © 2020 Healing in the Harbour, All rights reserved.*

You are receiving this email because you opted to receive emails when you visited Miss Daydreamer

**Our mailing address is:**

Healing in the Harbour

Bristol Marina

Hanover Place

Bristol, BS1 6UH

United Kingdom

[Add us to your address book](#)

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).

