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I hope you are all managing to weather the storm, and finding ways to help your physical and mental well-being during these difficult times.

Bristol Marina has stipulated that no visitors are permitted during this current lockdown so we obviously need to adhere to this for everybody's safety.

So, although I cannot invite you to this beautiful spot in Bristol for a treatment we can do a distant reiki treatment easily.

I wonder how many people know that reiki can easily be sent at a distance, without the need for internet, or telephone, connection, it is like magic. It just works.

You find a comfy spot at home, put on some peaceful music if you would like, and I carry out reiki healing at the arranged time, from here in the marina. I have done distant reiki healing many times, and clients often report feeling a tingling sensation, and a sense of deep relaxation. It's lovely!

The channeled messages are also forwarded to you, in the normal way, for you to listen to at your leisure.

So if anybody is interested, for yourself or a loved one, in booking a distant reiki session, and having the benefit of receiving the Reiki without leaving your own home, please do get in touch.

Distant reiki sessions are now reduced to £40 for the session until the end of December 2020.

Wishing you all love, peace, and harmony – whatever the external situations look like.

With love

Helen xx



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