

Healing Matters IOM



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Welcome to Healing Matters.im
an Isle of Man company built on a passion for improving your life, health and wellbeing naturally.

By working with natural energies we can remove all the emotional blockages traumas and disease which stops us from moving forward and achieving the

abundance and life we desire.

About Me
A little bit of information about me, Andi BarkerI discovered the wonderful benefits of Reiki Healing in 2010, after being diagnosed with tendonitis in my shoulder. I

learnt it was all about channelling universal energy into your body to help it heal

naturally. Spending my life surrounded by plants and being in touch with the magic of mother nature, I wanted to learn more. So my healer introduced me to his Reiki Master Teacher, whose lineage goes back to Mikao Usui. 18 months later I had been attuned to the universal energy and was a Usui Reiki Master Practitioner. I continue to practise Reiki on myself and love the improved new me with a new respect for my mind, body and soul. With this new respect, I connected with many conventional, alternative and complementary practitioners on the Isle of Man and by chance found myself on a one-day training course which would help me with some emotional issues. How could someone get me to eat a piece of chocolate then do some tapping and 20 minutes later not want another piece was amazing!! I was sold. So with an appetite for learning more, rather than chocolate, I signed up for the next level and a few months later in 2014, I had completed the Advanced Emotional Freedom Techniques Certificate. As part of my ongoing development I tap on myself daily even on a small issue.

In 2016, my hunger for learning more had returned and was drawn to further develop my reiki knowledge. I studied and was attuned to the powerful Kundalini Reiki energy with my Reiki Master Teacher. As a Kundalini Reiki Master, I channel this energy when needed during a Usui reiki session. Continuing Professional Development is important to me and I attend training courses on and off island and keep up to date with many new developments and techniques. I have recently completed training in Matrix Reimprinting which has evolved from EFT. During the training which included many hours of practical work, I discovered my core belief which I have carried through life and has influenced many of my decisions. As a result I worked with Karl Dawson and other Matrix Reimprinting Practitioners to change my beliefs and perspectives. In turn my energies have changed and I have been blown away by how my life has changed for the better. It is so simple. I am passionate about helping others improve their health and wellbeing and delight in seeing the improvement in many of my clients, sometimes within a matter of minutes. Matrix Reimprinting Matrix Reimprinting is a brand new Meridian Tapping Therapy that everybody is talking about. It is effective for the treatment of emotional or physical issues, it can also be used to manifest your goals and dreams. It evolved from the popular self-help

technique EFT.

Like its predecessors, Matrix Reimprinting also uses the Traditional Chinese

Medicine meridian system that has been used in acupuncture for thousands of

years. EFT has a long and impressive history of resolving physical and emotional health issues. The way it works is that you bring to mind and verbalise, in a specific manner, an issue that you want to work with.

At the same time, you tap on points on your meridians with your fingers, and this releases stress and trauma from the body's energy system, allowing the body-mind to return to a healthy physical and emotional state. Results for EFT have always been phenomenal, and have far and reaching positive consequences for our

Western medical model of healing. Reiki Healing

Reiki is a safe method of channeling universal energy and it is suitable for everyone of all ages. The client remains fully dressed while the practitioner lays their hands on or just above the client's body while relaxing in a calm, safe environment. The client may feel some warmth or tingling as the Universal Life force energy flows through their body bringing about deep relaxation. Reiki assists in the release of energy blockages which could be the result of accident or injury, and increases the vibrational frequency of the body to provide new vitality and speed recovery.

When the body is in a state of dis-ease, when we feel out of sorts emotionally, physically or mentally Reiki energy will flow around the body and will go to where it is needed to balance the body's energies and help heal and bring a feeling of

wellbeing. Emotional Freedom Techniques (EFT)

Restoring life's balance. EFT is a modern and fast growing form of personal

development and therapy and is the most widely used method in the emerging field of Energy Psychology. Its roots are in acupuncture, kinesiology and psychology. It is a very effective yet gentle method of directly balancing the body's energy system for the feelings that you want to change.

EFT is used for improving and developing people. attitude and behaviour

development, resolving personal problems, phobias and reducing stress. EFT is

highly effective when applied to all types of peak performance e.g. sports, public speaking, sales, acting, etc.

Using EFT, specific acupressure points on the body are tapped with the fingertips whilst focusing on / tuning into the issues.

This process can be repeated to bring the intensity down until full balance is

restored. All this is done while sitting normally in a chair. When EFT is properly applied, over 80% of clients achieve either noticeable improvement or complete cessation of the problem.

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