

## Other therapies offered by Anna

- Hopi Ear Candles (See separate brochure)
- Anna is available to discuss your needs and suggest other treatments that may be beneficial to you.
- Private one to one advise consultations are offered at no charge

## ANNA AND BACH FLOWER REMEDIES

Over the last few years Anna has been increasing amazed by the benefits of the Bach Flower Remedies as discovered by Dr. Edward Bach.

More and more people and conditions have been helped and Anna has now studied the remedies, undergoing both a Beginner and Advanced Course.

She offers an initial consultation at a fee of £32.50, the first session usually lasts about one hour. She will make you up a remedy suitable to your needs which is included in the session cost. Follow up 1/2 hour with remedy is £26.50—Repeat remedy £7.00  
Healing can be given during the session

At

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ANNA SAUL

*Registered Member of The  
International Healing Fellowship*

## Hands-on Healing



## What are the origins of healing?

For thousands of years we have used our hands to comfort someone who has hurt themselves. If we knock ourselves we automatically hold or rub that place. If a baby falls, the first thing a mother or father will do is to rub or hold the area that hurts. These are healing gestures, the evidence goes back thousands of years to the friezes of Egyptian tombs and temples, to the

ancient healing

practices of the

Aboriginal peoples of Australia and America.

In Sanskrit, Chinese and Aramaic texts, the laying on of hands was

paramount in all healing activity.

## What is Healing?

Healing is the channelling of healing energy from its "spiritual source" to the one who is need of help. Sometimes the channel for this energy is the healer and perhaps the most usual method of transference is through the hands.

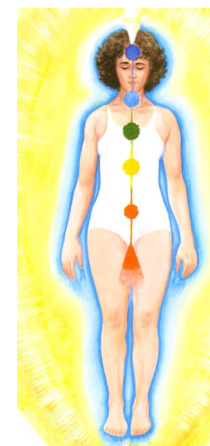
Spiritual Healing works on the basis that all disease is dis-ease, therefore we work on the inner you to heal the outer you. Stress can be caused by frustration, anger, anxiety, hopelessness, fear, shock, disappointment, apprehension, grief, guilt, hatred, depression, uncertainty, pressure, loneliness, worry, obsession, despair, resentment, noise and so on.

By developing relaxation techniques, the body has time to redress the balance and heal, offsetting the effects of stress.

## What can I expect from a one to one healing session?

A first appointment will be about an hour, during which time Anna will invite you to talk about the reason that you would like to receive healing. (This could be one of many reasons; stress, pain, a specific condition, emotional problems or simply just because you want to find some quiet, peace and relaxation). She will then discuss relaxation techniques which may help and also bring to your awareness some experiences you may feel whilst receiving healing.

Anna will place her hands on your shoulders whilst giving you healing and will encourage you to close your eyes so that you can really relax into the treatment. When the session comes to an end she will gently inform you.



## How many sessions will I need?

It will be left entirely up to you if you wish for further healing sessions.

## What is the charge for healing?

Anna does not make a charge for healing, but if you wish you may give a donation towards the running of the centre.

Healing is also available after other treatments at the centre. Please ask!

Distant healing can be organised.



Anna is a fully registered and insured member of The International Healing Fellowship and runs the Distant Healing network. For more information see the website [www.tihf.org.uk](http://www.tihf.org.uk)