

Level 4 Distant Reiki Booking

ENERGY HEALING MENU

30mins: QUICK ENERGY TUNE UP R350

- Re-align & Cleanse Chakras & Aura
- Helps clear away negative energy
- No feedback (this session would be for maintenance)

60mins: FULL HEALING R650

- Universal Master Reiki Healing Session
- Re-align & Cleanse Chakras & Aura
- Auric Protection to help heal within field
- Quick Summary Feedback
- This session will catalyze your healing journey.

90mins: FULL HEALING WITH CHAKRA REPORT R900

- As above with Chakra & Aura Report
- Aura Scan looking for attachments, cords, tears & holes.

120mins: HOLISTIC CONSULTATION R1200

- As above but with detailed report
- Spirit Viewing with Reading i.e. what spirit wants
- Suggested Holistic Plan moving forward

HOME PACKAGE: includes Guided MP3's R250

- Bespoke Home Practice Self-Development Workbook

NB: Prices are the same as 1-2-1's as I can spend longer than your chosen durations connecting to you before & also time spent writing up reports, which can take more time as visions come in all lengths. I often work longer than your paid session time.

WHAT WILL I FEEL?

No two sessions are the same. However, most report feeling the energy come through, feeling shifts move through the body some people see colours, go on a visual journey. Some just feel an immense sense of peace & love.

AVAILABILITY

Distant Reiki is best taken a few hours before bed (as we heal most when asleep) or at a time where you won't be disturbed. Having some time to reflect after your session to write down what came through for you is beneficial later. **Daytime can be arranged too.**



TUES	7 – 10pm
WED	7 – 10pm
THURS	7 – 10pm
FRI	9 – 10pm
SAT	AD HOC
SUN	AD HOC
MON	CLOSED

International Reiki Master Teacher, (9 yrs exp) 7yrs full-time at Master Level with over 2500 Reiki Hours.

"I am intuitive & a light worker for the greater good!"

CHARMAINE HAIG

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MEDITATION MP3's

It's a good idea to ground yourself & relax before energy work. If you are not used to meditating, perhaps you'd like to try one of my Guided Meditations MP3's (to keep).

***** **RECOMMENDED 20 / 30mins** *****

10min: Breath Work & Mindful Relaxation	R30
15min: As above + grounding	R45
20min: As above but much deeper grounding	R55
30min: As above + safely opening chakras	R80
45min: As above + affirmations at each chakra	R110
60min: As above + prepping aura to receive	R150



TESTIMONIALS

These clients are happy for you to talk to them about their experience, let me know & I will put you in touch:

"Wow - what an amazing session!! I think you have an amazing gift and it's wonderful to get this kind of feedback in a distant healing session!" – **A.R London, UK**

"Thank you so much for my report. Everything in here has so much truth for what I am experiencing in my life. I appreciate all of the time and effort you put in this. I can truly see how amazingly intuitive you are, you have an amazing gift! "

L-R. R. – Cape Town, SA

"Reiki has been a life changer for me. You're one of my favourite energy healers ever & I have tried many!! Distant reiki is just nuts, in a good way! Too crazy to be true if you know what I mean :-)" – **C. Tait, USA**

"Charmaine has helped me using both reiki and distant healing. She is so incredibly talented and I can't even describe how she can connect to you like that but she does. It's intense and amazing at the same time. Definitely recommend reiki, meditation and of course distant healing if you can't go see her in person" – **S.C-W, Monaco**