achilds18

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My journey today, tomorrow............

I have worked with people from all walks of life in the health care sector. I have been the carer, and the one being cared for over the years. I enjoyed my job and the people I got to care for and work with. I met some amazngly strong clients over the years. Some who were frail and needed help because their body did not move how it once did. some had pschological issues, Motor Neurone Disease, Parkinsons Disease, Alzheimers, MS, Cancer, the list goes on. During this time of my life, i would often notice that medication checks were slipping, Gp's and District nurses were under more and more pressure to provide a service that is struggling. Carers who are expected to go above and beyond, and get no recognition for what they do.

The healthcare sector is struggling, the commitment is there by those who work in it, but the goverment bodies are not making it easy. The emergency services are under a huge amount of stress, as are all those that work daily to help others. It is time things changed, and i want to be a part of that change.

Anyway; I decided that it was time for me to leave this area of work, mind you I stuck at it until I was so physically exhausted, I didn't have the strength to do it anymore, the stress and anxiety of the job took its toll on me and i was physically drained. I had a nasty infection in my lungs, and was taken into hospital. Whilst their I had a full MOT as such; and they found that i also had a very large cist on my kidney.

On my return home, a friend of mine told me about a therapy she was training in called Reiki. I started having sessions with her, and the amazing warm feeling you get through your body is hard to explain, it goes into your core. For me it almost feels like i am floating, like an energy is is going into the areas of my body that are in dis-ease.

The sessions of healing would relax me, and i would always fall asleep. After the Reiki sessions, the pain in my back would ease, i would feel lighter as though a great weight had been lifted and It focused me on things I needed to deal with from my past. I would always get a good nights sleep when I had Reiki. I started to look at things in a different way, I started to deal with old emotions that had been tucked away in my body and causing me dis-ease all this time. The Reiki helps bring things to the surface so that you have to deal with them. It's how you balance yourself. If you are holding onto past problems, old emotions; you can't move forward and be who you want to be.

It had such an impact on my life physically and mentally, I just had to be taught how to do it. I knew that I could use Reiki to help others, and at that point I knew what I had to do in the future. I had to help people by using energy healing. From that moment on, that is what i have been doing. It is such a great way to help others, every therapy session is different, and people always come back for more.

Now let me talk a little about other things that are dear to me.

I saw my spirit guide at the age of nine. I was out walking with my grandfather in the woods one day, and this most amazing native american indian, was stood there in the bushes looking at me. He had a long headress on with beautiful aqua blue feathers. He has been with me ever since, guiding me in life.

From a young age i could feel spirits around me, I still can. The world is not quite as black and white as most think it is. That is a whole other story, and I am always happy to talk to people about it. Grounding yourself and balancing yourself are other areas that I am working on constantly, Have you heard of The Balance Procedure - try it! Get some white sage and cleanse your home, it will remove negative energies. Sage yourself if you have been around negative people, trust me it works! Their is loads out there that you can do to help you. I will post things in my blog as i learn more about them. Im learning every day.

The Angels - from as young as i can remember i have seen the numbers 444 everywhere. As i have got older I started to seeing other numbers, such as 111. I would look at clocks and the time would be 10.10, or 2.22. I saw groups of numbers everywhere, all the time. I also kept seeing flashes of blue light. For years i just ignored it. But one day, i started looking it up on the internet and it was saying about the angels trying to contact you. This instantly made total sence to me. I had started to do meditation about 7 years ago now, and during this, i always saw these golden wings flying towards me. A beautiful site and one day i realised who it was. It was Archangel Michael. My connection with him over the years has strengthened, and he is there when i call upon him. I also work very closely with Archangel Gabriel, she is with me always. She keeps me safe and is like a guardian to me, Archangel Raphael comes to me when i need something, or i need help with something in my life. The angels come into my Reiki sessions and help with healing also. On occasions with some clients, i get loved ones come through from spirit, or pets that have passed over to the other side. They usually come through to give a message, or just to come see you to make sure you are ok. Every Reiki session with the angels is different.

I have helped people my whole life, and this is just a little taster of what i believe and what i do. Come have a chat, come have some Reiki, have a reading from the angels. Have your aura painted, they are so beautiful. Take a look at life from a different perspective. What harm can it do! none.

Love & Light

Andrea 4:44