

## ALISON GRANT Practitioner

Dip Energy Healing, Adv. Cert. Spiritual Healing,  
Reiki Master, TFH4, BEc GDBus. ATMS EHA

### ENERGY HEALING THERAPIES

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- Aura & Chakra clearing & balancing
- Reiki
- Thought Field Therapy, EFT
- Touch for Health (Kinesiology)
- Kinergetics (Kinesiology)
- Jaw RESET
- Emotional Stress Release
- Spiritual Healing
- Flower Essences
- Nadi repair
- Crystal Healing
- Stress Management
- Meditation Classes

### APPOINTMENTS

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For an appointment with Alison call:

- **Healing Energy**, Paddington:  
phone 0401 442 134

Email: [alison@healingenergy.com.au](mailto:alison@healingenergy.com.au)

*“My mission is to facilitate and promote healing in others on a physical, emotional, mental and spiritual level.”*

*“ I wish to create awareness of wellness and a better way of “being” by helping others to heal themselves and achieve their full potential.”*

Alison works intuitively and is guided to which therapy or mix of therapies the client most needs at the time of their appointment in order to best facilitate healing. This makes every treatment unique for the client.

For many years, Alison has had the gift of being able to feel the energy field around people. She left the corporate world in 2001 so that she could devote herself to using this gift to help heal others.



**Healing Energy**  
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# Healing Energy

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- *Are you suffering from pain or ill health?*
- *Are you stressed or anxious?*
- *Are you still suffering from an old trauma or phobias?*
- *Do you believe you should be feeling better than you do?*
- *Do think there has to be more to life?*
- *Do you want change in your life?*

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Healing Energy provides a professional and natural therapeutic option for people who prefer to take a holistic approach to their health and wellness.

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## WHAT IS ENERGETIC HEALING?

Trauma, emotional and mental stress, false belief systems and other blocks to our personal growth can be stored in the energy fields of our bodies, impacting our ability to function at our full potential and to lead happy, fulfilling lives.

Energetic healing is a gentle and non-invasive method of healing. **A variety of therapeutic techniques are used to clear, repair and balance the body's energy systems to stimulate the body's natural healing ability and facilitate growth.** Clients invariably report immediate feelings of change, lightness, well-being and relaxation, yet the healing effects can continue for several days as the energy integrates and toxins are released.

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## WHAT ARE THE BENEFITS?

The many benefits of Energetic Healing include:

- Emotional stress relief
- Alleviation of pain & physical ailments
- Healing on all levels of body, mind & spirit
- Relaxation
- Increased vitality
- Better able to deal with stress & anxiety
- Clearing of old patterns
- Personal & spiritual growth
- Fulfilling one's true potential
- Expanded consciousness
- Manifesting change

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## DISRUPTIONS TO OUR ENERGY

Quantum physics has acknowledged that we are all made up of energy, as is everything around us. It is the most basic building block of life, but like the air we breathe we usually can't see it. Energy flows through everything and creates everything. Even our thoughts and emotions are energy. It is just the difference in the vibrational frequency of energy that gives us the illusion of substance and separation.

**Our personal energies are delicately balanced and when our energy flows are disturbed or blocked we can become sick or just feel "not quite right".** Energy imbalances can result from internal or external factors.

Internal factors impacting our energy system can include:

- Trauma
- Phobias
- Anxiety & stress
- Childhood programming
- Limiting beliefs
- Neurological, biochemical, and structural imbalances
- Lack of fulfillment in our life situations

External factors impacting our energy systems can include:

- Environmental stresses
- Toxins
- Geopathic phenomena
- Astrological phenomena
- Nutrition
- Exercise

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## WHAT HAPPENS WHEN OUR ENERGY IS DISRUPTED?

The energy systems of the body (aura, chakras, nadis and meridians) are connected energetically to our physical organs, glands and bodily systems. When the energy supplied to these bodily systems is disrupted, the body organs and systems are less able to defend against disease and injury.

The health of our energy systems also determines our mental, emotional and spiritual well-being. If our energy systems are clear and balanced we are in a better position to deal with situations and circumstances that might otherwise be felt as a stress. When our energy systems are disrupted or blocked, we are less able to cope, we feel stressed, which in turn has a negative impact on our physical systems. Over a prolonged period this leads to ill-health.

By working with the energy system we can access all levels of the mind, body and spirit and achieve a holistic healing. Understanding the connections and energy relationships means the nature of the disease and its location can guide us to where an energy block or imbalance is occurring, as well as what is needed to clear the block and rebalance the energy system.

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## COST

1 hour session      \$100 incl. GST

1.5 hour session      \$140 incl. GST

Reiki only, 1 hour      \$85 incl. GST