

# Reiki



'Rei' is the all-knowing spiritual consciousness that permeates the world around us.

'Ki' is the life energy that wells up from within and flows through us. It is known also as Light, Prana and Chi.

Soothing and relaxing, Reiki has a long track record for yielding beneficial results.

Reiki accelerates the body's own natural healing and cleanses the body of toxins through balancing and harmonising the energy system.

Usui Reiki has been handed down from Dr Mikao Usui from Japan.

Reiki is applied by holding the hands above or on the relevant area.

Gokai,  
a daily guide to life:  
KYO DAKE WA  
IKARUNA  
SHIN PAI SUNA  
KAN SHA SHITE  
GYO-O HAGAME  
HITO NI SHINSETSU NI

*Just for today  
I will not be angry,  
I shall not worry,  
I'll be grateful,  
do my duties and  
be kind to others.*

# 靈氣

Rei-Ki

# About



Maria Doherty offers Metatronia Therapy, Reiki, Bach Flower Remedies and Indian Head Massage.

Coming from a background of working with children through the National Health Service, she has several decades experience helping people overcome challenges and personal difficulties.

Courses have been completed in all areas shown here and certificates are available.

Interests include meditation, yoga, Theosophy and the study of crystals.

Therapies take place in a harmonious environment, fully clothed, using a treatment table or seated.

## CONTACT DETAILS

for all enquiries

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[help@shimmeringwings.co.uk](mailto:help@shimmeringwings.co.uk)

[www.shimmeringwings.co.uk](http://www.shimmeringwings.co.uk)

**Main Venue:** Gorgeous Therapies,  
29-35 Hamilton Place, Stockbridge,  
EDINBURGH EH3 5BA  
Alternatively please call to discuss  
your requirements.

**Professional Insurance:**  
DSC Insurance Services  
Swithins, Lodge Farm,  
Tilford Road, Farnham,  
GU9 5HU



# Shimmering Wings

Life Enhancement

Energise Revitalise Restore

## Bach Flower Remedies

## Metatronia Therapy

## Indian Head Massage

## Reiki



Let the gentle light of modern and ancient healing dissolve your obstacles and bring vibrance and renewal into your life.

You are warmly invited to contact me to find out more.

# Maria

Mobile: 0795 048 6729  
[www.shimmeringwings.co.uk](http://www.shimmeringwings.co.uk)



# Bach Flower Remedies



**Dr Edward Bach** (1886 - 1936) was an English physician who pursued a successful, conventional medical career. His passion for unravelling the secrets of good health led him to discover 38 remedies based on the essence of plants. The various essences influence specific emotional and mental states such as Overwhelmed by Responsibility (Elm), Hopelessness (Gorse), Self Reproach (Pine), Lack of Energy (Olive), and Discouragement (Gentian).



[www.bach-flowers.co.uk](http://www.bach-flowers.co.uk)

**Bach**  
ORIGINAL  
FLOWER REMEDIES



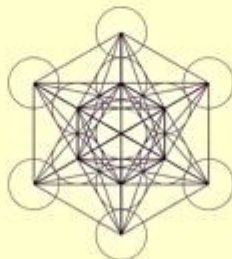
# Metatronia Therapy

Metatronia Therapy came to us in the new millennium and swiftly gained international recognition.

Metatronia Therapy helps restore spiritual, mental, emotional and physical well being.

Named after Archangel Metatron, deep blockages are removed and awareness raised to higher levels of consciousness.

Application is hands on using a treatment table and a session normally lasts one hour.



Metatronia Therapy  
[www.metatroniatherapy.com](http://www.metatroniatherapy.com)



Approved by the  
International Institute for  
Complementary Therapies  
[www.iict.co.uk](http://www.iict.co.uk)



# Indian Head Massage

A gentle massage using the ancient methods from India provides release from tension, stress and fatigue.

It is a wonderful way to unwind.

Based upon Ayurvedic Medicine mentioned in texts dating back over a thousand years, it aims to balance the mind, body and spirit.

Ayurveda, "The science of life and longevity" enhances health through diet, herbs, cleansing, yoga, massage, meditation and exercise.

The client sits while the practitioner uses kneading and compression movements over the scalp, shoulder and neck. Gentle stimulation is given to pressure points on the face.