

Reiki Healer

Usui's system of self development and promoting own wellness, can support peace, harmony and balance.

Reiki as a treatment can have many positive effects on a persons physical, mental and emotional and spiritual wellbeing.

Healing may bring:

- Feelings of calm, serenity and relaxation
- Better able to cope with and support anxiety and symptom relief
- Being less affected by stressful situations

Reiki treatment consists of a hands on healing, using specific hand positions across energy points along the body, taking between 30-40 minutes, whilst lying or sitting. There are no real contraindications for this healing. It only requires your permission to receive this energy.



“In this place and state of mind,
I come to where my Spirit is gathered,
and my Mind is one. Gone are the myriad
distractions, and all that remains is myself.
Here and Now”



Testimonials for Reiki

When I had a bad back, or a headache, I found Lisa's healing relaxed me and the pain eased. *PH*

Following a bout of flu, my immune system felt low and I was lethargic. Lisa's healing hands gave me a wonderful warmth and feeling of wellbeing.
I can truly recommend this treatment. *PM*

Lisa is my niece, and I have worked with her healing people at Canvey Island and Latchindon Spiritualist Church. Healing from Lisa brings calmness, peace, trust and love, and she has a gentleness that is uplifting. *WA*

I can highly recommend Lisa. I had been feeling anxious and stressed with work. Lisa helped me calm down and feel lighter and energised. Her sessions have made me more centred and focused, helping me cope so much better each day. *HW*

Testimonials for Soul Midwifery

Lisa has supported us as a family during times of stress, grief and anxiety. With her professionalism, she brings warmth and love and an energy of calm and peace. She has been a wonderful support, giving us strength through difficult times. *JC*

Lisa brings a wonderful energy into the room with just her presence. This and her healing hands made her sessions with our mum very special. Knowing there was warmth, peace and love in the room brought a great comfort to us. *AC*

Contacts

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Lisa Hahn Soul Clinic

Soul Midwife

*A holistic and spiritual companion
to the dying and their loved ones*

About me

My name is Lisa Hahn. I have been a Nurse and Health Visitor for 32 years. As a Healer and Soul Midwife, it is my passion to help ensure a person nearing the end of their life and journey, as well as their family and significant others, get the care, dignity and appropriate support they deserve.

This requires dedication, vigil and advocacy, and that they are allowed to achieve their goals in regards to where, how and who is involved in their last days or hours of this life's journey.

Felicity Warner, founder of Soul Midwives describes our work and calling as:

- Listening – providing gentle therapeutic techniques and compassionate care at all times;
- Working holistically with the dying person and their family and friends;
- Keeping a loving vigil;
- Creating and holding space for the person dying;
- Recognising and supporting the individual needs of the departing person;
- Support and advocacy for family and loved ones;
- Using gentle touch, oils, colour and sound towards supporting pain relief and anxiety, at different stages of death and bereavement.

The soul midwives most important role is to provide comfort, continuous support and reassurance in helping a dying person to experience their death, how, where and with whom she or he wants.

Stages of support offered

Introduction

Free consultation in a neutral place, decided by you, or by telephone if you would prefer
Tell me a little bit about you
I will tell you a little bit about me
An introduction to Soul Midwifery

Tell me more about you and your life

Who are you?
Who is important in your life?
What you like?
How/where you live, and family/friends, connections, groups?
What memories you would like to leave? (children/grandchildren/partner?)

Now you may want to talk about

What may happen?
Where you would prefer to be?
Who you would like there? (family, friends, pets, partner only)
What you want there? (Music, photos, candles, lighting)
Things you would like to see, feel, touch, visualise

Extended thoughts/feelings about

Work
Religion/culture
Food/drink
Friends
Hobbies
How these interact with your life, and what place they will have then

As you and your body journey on

Ritual
People
Last words
Music/poetry/sounds
Cultural expectations
Where you would want to be placed? (Bed at home, hospice, somewhere else)

After care

What happens to you after your body has passed on
Placement (Home/funeral home)
Ceremony
People and things of yours (will)
Your preferences

What do you want me to be in these different stages?

Comforter, advocate, listener, supporter
Sign poster, co-ordinator, carer
Healer, vigil keeper, family support

These can be offered in packages of time, either paid forward, or at the time of need.