

REIKI, QUANTUM TOUCH™ and SOUND THERAPY

Powerful, gentle, holistic healing

Benefits can include:

- Strengthened immune system
- Stabilized heart rate and blood pressure
- Pain relief
- Reduced stress
- Speedier healing time
- Increased effectiveness of medical treatment
- Release of suppressed feelings
- Expanded consciousness and creativity
- Strengthened spirituality



Appointments

250-595-2142

Oak Bay, BC

nancy@nancywatters.com

www.sacredworldsong.com

These treatments are not a substitute for medical care; continue to see your medical and mental health practitioners regularly.

TREATMENT SESSIONS

Treatment feels like a wonderful glowing radiance that flows through and around you. Each session lasts 60-90 minutes. The first session may take a little longer so that I can get to know you and discuss your desired results. During the sessions, you sit or lie down, fully dressed.

You will often see dramatic results after one session, but it generally takes several sessions to affect lasting change. You can decide the number and frequency of sessions that works best for you.



Nancy Watters



Integrated Wellness

Body, mind and spirit

Nancy Watters, MA, RP-CRA

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What is Reiki?

Reiki is a safe, natural Japanese technique for stress reduction and relaxation that is administered by gentle touch.

Reiki means "spiritually guided life force energy." It works on the principle that an unseen "life force energy" flows through us and causes us to be alive. If that energy is low, then we are more likely to get sick; if it is high, we are more capable of being happy and healthy.



Reiki complements and boosts the effectiveness of other types of medical treatment. It has helped heal virtually every known illness including serious problems such as multiple sclerosis, heart disease, and cancer as well as broken bones, migraine headaches, depression, diabetes, insomnia and impotence.

Nancy Watters is a Registered Level II Reiki Practitioner and a member of the Canadian Reiki Association.

What is Sound Therapy? 🎵

Sound as a healing modality is one of the most ancient forms of healing. Modern studies show that sound waves promote healthy functioning of the immune, endocrine and autonomic systems. Healthy sounds bring the body into to a state of resonance—vibrational balance—through the physical law of entrainment.

A sound therapy session may include the healing sound of Nancy's voice (toning and chanting) plus any combination of instruments, such as Tibetan singing bowls and drums. You can relax and enjoy a "sonic massage" or learn to use your own voice for self-healing. Your sessions will be tailored specifically for you, based on your needs.

For the past decade, Nancy has been studying sacred sound from a wide variety of religious practitioners and vocal instructors. She leads community chant circles and teaches "chantshops" throughout North America. Her repertoire includes sacred chants in eight languages.

What is Quantum Touch™ ?

Quantum Touch™ is a powerful technique for directing life force through the affected parts of your body, charging them with positive energy. This raises your overall vibratory level and allows your body to rapidly heal itself. Nancy uses Quantum Touch™, to amplify the effect of Reiki and Sound Therapy.



Emotional/Spiritual Support

Sessions sometimes include wellness education, spiritual companionship, life skills coaching and emotional support, if desired. Nancy has a Master's degree in counseling psychology and family life education. She provides knowledgeable, experienced and compassionate support for making healthy life changes.

Those who need counseling or psychotherapy should also work with appropriate mental health professionals. Nancy does not provide mental health or medical care.