

Competitions



Andy Chrysostomou and Dawn Mellowship

Win a Reiki treatment

Four years ago, Andy Chrysostomou could barely walk.

A keen kick-boxer, he developed spondylosis, an inflammation of the spine, and was suffering terribly.

Andy said: "My doctor told me I would be crippled, and the pain got so bad I

was practically unable to walk. I was getting really desperate and began looking for an alternative way to help myself."

Andy turned to a Reiki practitioner and immediately felt the benefits. He went on to complete a Reiki level one and two course and used Reiki to heal himself.

Reiki is a form of energy healing first used in Japan by the founder of Reiki, Mikao Usui. Andy says it uses universal energy, as well as the body's own internal energy, to heal the mind, body and soul.

Now he is an experienced Reiki master teacher, and with partner Dawn Mellowship, also a Reiki healer, the pair treat clients and teach the subject at their home in Fotheringham Road, Enfield.

The Independent has teamed up with Andy and Dawn to offer three lucky readers a free Reiki treatment.

The treatment begins with an informal interview to determine the conditions

that need treating, often working with a doctors diagnosis.

Then the client lays fully clothed on a treatment couch with their eyes closed. The practitioner places their hands in various positions above the patients body, directing energy where it is needed.

Following a treatment, many people often feel an intense relaxation, clarity and serenity.

To win a free treatment, answer this question:

Who was the founder of Reiki?

Send your answer, your name and contact details to: Reiki Competition, 28 London Road, Enfield, EN2 6ED, by March 30.

Andy and Dawn are also offering readers £5 off a one-hour Reiki session, costing £40. Simply cut out this article and take it along to your appointment. Call Dawn and Andy on 8367 9158. (Only one voucher per person.)

For more information visit www.thehealingco.com

