

Aura Wellness Centre



Located in Coquitlam, near Vancouver, BC, Canada
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Norman J. Ayre

Norman Ayre is a Karuna Ki Reiki Master/Teacher, a Reiki Drumming Practitioner, a Shamanic Healing Practitioner, a Therapeutic Touch Practitioner, and an Usui Reiki Master/Teacher.

Drumming & Journeying with Reiki **29/30July2006**

My Journey

Over the past 17 years, I have been exposed to many Spiritual and holistic practices. Most significant among them was during a time when my wife, Lyn, was grieving her Mother's death, and her Spiritual Mentors passing, while at the same time dealing with the symptoms of probable MS, and Lupus. I began attending Therapeutic Touch and Meditation sessions with her at a local hospital and immediately noticed a dramatic improvement in my attitude in the way I dealt with people. An opening occurred in my Heart Centre.

I wanted to give back what I had received, so I began taking Therapeutic Touch and reading a wide array of Spiritual books. I was told I had 'good hands'. When I used my

new-found abilities, people said they felt better afterward. I have since been certified in a variety of modalities.

Shortly after becoming attuned to Reiki, I went on my first Shamanic weekend. I found this fascinating experience opened me up to new horizons and energies in healing. I have pursued this path, studying and taking courses as they came to my attention. I offer these practices for the benefit and growth of my clients.

Fully Certified

I have taken training and been certified in the following modalities:

Chakras & Chi
Karuna Ki Reiki Master/Teacher
Meditation
Reiki Drumming Practitioner
Shamanic Healing Practitioner
Therapeutic Touch Practitioner
Usui Reiki Master/Teacher

Healing

It's important to remember that 'we didn't get this way' overnight and we won't 'recover' overnight, either. Traditional complementary healthcare is not any more or less magical than Western allopathic medicine.

According to Health Canada: “A cure is an externally applied medical intervention that removes all evidence of diagnosed disease. Healing is an internal process of recovery that takes place on the Physical, Emotional, Mental, and Spiritual levels and results in the person’s having a sense of being complete, in balance with self and surroundings. Because the two need not and may not occur together, it is possible for a person to feel healed even when a cure is no longer possible, and to be cured but not healed.”

Karuna Ki Reiki

The way of the compassionate heart is the way of unconditional love. Intuitive hand movements and placements soothe and relax, removing blocks, and allowing the flow on Ki throughout the entire energetic system. A 'hands-on or off' session. Very empowering

and uplifting to your spirit. Available to teach the singular class available to practicing Reiki Master/Teachers of six months duration.

Karuna Ki Reiki -consultation, laying on of hands for balance, relaxation, wellness, and rejuvenation, use of multiple symbols to effect specific changes. 1-hour session \$55.00
Book three 1-hour sessions for \$148.50 and save 10%.

Reiki Drumming



Reiki Drum Journeying for my client

Reiki Drum Healing Sessions combine Shamanic Drumming with the symbols of Reiki for a deep physical healing. The client lays, fully-clothed, on the treatment table. An intention is set for the session. As the client focuses on the affirmation, the Reiki Drumming Practitioner intuitively beats the drum over top of their body, chanting, toning, and using the Reiki Symbols.

During a Drum Journeying Sessions, I will facilitate a journey for my client by keeping a steady drum beat so my client can enter a relaxed state and focus on an issue to be healed. The issue is re-visited through imagination, re-invented through intention, healed, and released during their journey.

Drumming & Journeying with Reiki-Combining Reiki symbols with Shamanic Drumming to effect deep relaxation and ability to journey to situation wanting to be corrected. 1-hour session. Book three 1-hour sessions for \$148.50 and save 10%.

Shamanic Sound Sessions



Using a combination of rattling, drumming, and didgeridoo, the client is lulled into a state of clarity and peace. The issue that was created into an affirmation at the beginning of the session is then released through the sound and sent to the light.

Shamanic Sound Sessions- 1-hour session. Book three 1-hour sessions for \$148.50 and save 10%.

Usui Reiki



Preparing to do a Reiki session for one of the participants in the Canadian Cancer Society's fundraiser in May 2005

Usui Reiki is a Japanese holistic, light-touch, energy-based modality. Working as a support mechanism, Reiki re-establishes a normal energy flow of ki (life force energy) throughout the system, which in turn can enhance and accelerate the body's innate healing ability. The simplicity of a Reiki session may raise some skepticism, however, after experiencing it, many clients keep coming back time and again. Available to teach all levels of Reiki Training.

Usui Reiki-consultation, laying on of hands for balance, relaxation, wellness, and rejuvenation. 1-hour session \$55.00 Book three 1-hour sessions and save. \$148.50 Book three 1-hour sessions for \$148.50 and save 10%.

Shamanic Healing



Creating Sacred Space for Shamanic work

A Shaman works in an alternate state of consciousness, which is entered through monotonous percussion, generally drumming, rattling, bells, chimes, or even the didgeridoo. They journey to this alternate reality on behalf of their client, asking questions and bringing back information.

The focus of the session may fall into the following three categories:

Divination-which uses specific tools from conscious reality to facilitate a journey into the alternate reality. Questions asked begin with ‘what, where, how, and who.’ ie: “What kind of guidance can you give me regarding (my issue)?” The question of ‘when’ is left to Spirit.

Vision Quest to do a **Power Animal Retrieval** and assist the client with issues of lost power.

Spirit Guide Retrieval to connect the client with their Spiritual Teacher and life-path learning.

Shamanic Healing- Vision Quest, Power Animal retrieval, and journeying for your Spirit Guide. 1-hour session \$55.00. Book three 1-hour sessions for \$148.50 and save 10%.

Therapeutic Touch

During the session, I will scan the client to see where there might be energy blocks, areas of heat or cold or congestion, in the energy field. Having completed a thorough scan, I then modulate the energy in the problem areas, gradually facilitating the flow of energy throughout the subtle body. This has a releasing effect on areas of congestion and a quieting effect on over-active areas.

Therapeutic Touch-modulation of the energy field for balance, relaxation, wellness, and rejuvenation. 1-hour session \$55.00 Book three 1-hour sessions for \$148.50 and save 10%.

Shamanism, Drumming, & Journeying

Drumming Circle-we occasionally host a drumming circle. We can accommodate 8 other drummers and the two of us. Below are some photos (with the faces pixelated to protect their identity) of our last circle. We smudge, set sacred space, tell stories and parables, and, of course, rattle and drum.

