

Distance Bowen and Reiki Healing from Michael Overend

Mike has been my Bowen and Reiki therapist for approximately 8 years now. Though I had received Bowen and Reiki from 2 other therapists prior to meeting Mike, I had lived in other parts of the country at the time.

The therapist immediately previous to Mike, lived in Dorset, we had met when we lived round the corner from each other, but due to work I moved some distance away, then came to where I am now which was approximately 75 miles from her, then she moved to Devon. So it was not physically possible to always continue face to face physical treatment from her, which was ok when I had my previous issues due to life as a nurse, but when I had my accident some 16 years ago in 2004 I needed more frequent attention as it were. I had lots of operations which meant the 75 miles was not always possible to travel either and hadn't met Mike at this time.

Pat was able to send me distance Bowen and Reiki upon request. At times this was at a time after an operation when I was unable to concentrate or meditate due to medication or pain from the operation. Which did interfere with how effective it was, but was still beneficial. Pat sent her treatments in a different way to the way Mike does and I would say that neither was better than the other, but just different and that is just as much due to them being different unique individuals as to how they send their healing, but the thing that doesn't change in how I open myself up to receive it.

When receiving healing from Pat for that time I played around with how I received it. The best way I found was if I created a healing environment in my home i.e. a peaceful, calm, quiet space, and if possible cleanse it a little from the everyday uses, I allow more energy and healing into my body and therefore have a more successful outcome. Because of the way Pat sent healing to a space in the spiritual realm with a mutually agreed sign around it, I could set this healing space up and go to bed and fall asleep receiving healing which worked well.

The way Mike sends is straight to me the recipient, and I have found that I needed to work in a very similar, but also different way.

I find the best way to get the best result has been to set up the same healing, calm, quiet and cleansed space prior to our telephone or zoom call. Once we have completed that call I will then make myself comfortable either in my chair or on my bed. As long as it is somewhere I am comfortable and will not be disturbed is important. I think it is important to invest in this time as much as if I were to physically go to Mike's home and treatment room. So, the value I put on this time of distance healing is just the same. I will always have some incense burning or essential oils and will often but not always have some music playing. I find Tibetan bowls help me to meditate so will often use this music. Then

I will open myself up to Mike's energy and essentially feel/imagine Mike giving me the treatment as if I were there in his room. For me this is about opening up the relevant chakra points. Or essentially if this not a thing you are used to, I would say just open yourself up to the healing energy Mike is sending and think about receiving it. Sometimes, I fall asleep with this happening and that is just fine as far as I am concerned as it works just as well as when I don't.

For me I have a lot of complex physical issues and find that distance healing helps but doesn't have quite the same effect as hands on healing.

When I receive hands on healing I will have a slump from the treatment where I will be tired for a day and hurt be achy for maybe 36-48 hours, but will then feel better, freer in movement and have a reduction in pain for 5-6 days before my decline begins again (this is in the ideal world when I do not reinjure myself due to a fall). So I will see Mike usually around every 2 weeks where possible to reduce my decline and keep me as balanced and relatively stable as possible.

With distance healing the good period is reduced, but so is the slump time after a treatment. So, I would have a slump for approximately 24 hours and feel better for approximately 3-4 days. The difference for me is that without this treatment the decline is rapid, and my pain levels become completely intolerable. So, no matter that the overall benefit is reduced, putting the effort into getting the most out of this time is of vital importance to me.

Written by Diane Yates client of Michael Overend