



FREQUENTLY ASKED QUESTIONS

By Ann Boone

- International Healer
- Founder of Relief from Pain Charity

Why am I writing this report?

This report aims to give an answer the most commonly asked questions when people come for healing and are looking to improve their health and well-being.

The report also tells you a little bit more about Ann and how she likes to heal people. It gives you an insight in the journey of her life and journey as a Healer. It reveals some of the valuable life lessons she has gleaned from working intimately with so many wonderful clients, other healers and teachers.

What she learned so far about healing you can find in the last section of this report: 'Questions and Answers' especially prepared here for you.

Who is Ann?

What is Healing?

Frequently Asked Questions?

The way we connect with each other...

The courage that is needed to allow for these intimate connections to happen...

How to deal with the fear of this level of intimacy...

How to learn to receive what is being given...

How to allow the feeling then feel the feeling...

How to connect with it and be present in this feeling...

How to flow in harmony with whom you are, and who you have chosen to be.

Enjoy!

Who is Ann?

Healer

Founder

Ann Boone is an international Healer and founder & trustee of Relief from Pain

She is also the owner of annboone.com and author of '7 Mistakes When Choosing a Healer' and '7 Values I gleaned from Being Intimate with 150 strangers.'

As a natural healer, Ann helps you to reclaim your health through powerful healing. Her unique 3-step formula enhances and accelerates your personal well-being through a strategic healing journey.

About 15 years ago, Ann decided to work more seriously with her healing gift. She attended various workshops to obtain her Reiki Master Degree. She successfully completed the Spiritual Healer Education, a 3-year intensive course to become NHS accredited. This allows her to work with clients in her private practice, GP practices and hospitals, as well as healing clinics.

Today, she worked with more than 150 clients in a professional capacity. Her clients come to me mainly for stress related issues. Things like pressure from demanding public careers, like actors and politicians. People with high profile professional careers, solicitors, executive directors, company presidents and business owners. People also come for healing for mental and physical challenges like addictions, obesity, depression, burn-out.

Sometimes they just need to switch off, to relax, be present, catch their breath, create their own space to grow and re-balance themselves. Other clients want help dealing with major life changing events like grief, terminal illnesses and the chronic physical and emotional pain that many of these circumstances bring with them.

BIO ENERGY TREATMENTS, HEALING, REIKI, ENERGY HEALING

Bio-Energy treatments work wholly on balancing the body's energy system, in order to help the body resonate at its own natural frequency. When our energy system is 'blocked' or 'out of synchronicity' we can feel negative symptoms and are prone to illness. By rebalancing these energy frequencies, the body can then kick-start its own natural healing powers.

With over 15 years of experience, Ann Boone uses her natural ability to recognise physical and emotional energy blockages within the body. During each session one hand feeds positive energy into the patient, which works to revitalize, while the other hand extracts negative energy, thereby balancing the energy levels.

During this process Ann can feel different types of pain. She releases this energy from her hand, or through breathing, not dissimilar to static electricity.

Ann views each and every case individually; consequently it is not possible to forecast any results other than to suggest a potential response based upon previous experience.

abundance wisdom humility
LOVE thank you
journey enlightenment
purpose change forgiveness
gratitude TRUTH GUIDANCE trust
PEACE harmony HEALTH
kindness blessings eternal
give DIVINE believe
SEEK SPIRITUAL ASK receive
NOW FAITH now SOUL
create INTENTION **healing** bliss
JOY hope



What is
Healing?

Who
needs
healing?

Why you
need
healing?

*People with physical, mental or
emotional ailments travel to see Ann.*

Working from the renowned Relief from Pain Healing Centres in Maidenhead (United Kingdom) and Antwerp (Belgium) Ann treats patients of any age and from all walks of life. Her success stories are quite astonishing, and demonstrate that there is far more to us human beings than just our physical bodies.

Millions of people across the world suffer from illnesses the medical profession has difficulty to diagnose and can offer no treatment for. They view the body purely in its physical form, and fail to understand the importance your body's energy field has in maintaining health and well-being. Over time, blockages in your energy field can lead to physical health problems, an inner emotional turmoil, stress or anxiety, and a general lack of energy vitality.

What is body energy (bio-energy)?

It has been scientifically proven that every living creation is made up of electromagnetic energy which vibrates at different frequencies. You may have heard this described in past as an 'Aura' or 'Chi' energy, which flows through the body in order to maintain health and well-being, both physically and emotionally. An energy healer or chakra healer is able to detect these energy vibrations and determine their frequency. Negative energy frequencies create blockages in your energy field, stopping the natural flow of energy throughout your body. Chakra balancing breaks down these blockages and re-establishes the flow of energy throughout the body, thereby restoring the body's own natural healing mechanism.

The invisible force within us!

Does body energy (bio-energy) really exist?

It is difficult for all human beings to believe in the existence of something they cannot see, and yet we forget how many things in this world we accept without question that remain invisible to the naked eye. The wind, gravity, electricity, our emotions, we know they exist...why? Because we can feel them, in the same way we feel either a vitality or lack of energy flowing through our bodies. This energy has long been known and studied in Far Eastern countries such as China, Japan and India. Western medical science has only recently started to appreciate how important this energy is to maintaining health, and some doctors will now even recommend going to see a healer or energy therapist.

What is energy healing?

It has been scientifically proven that every living creation is made up of electromagnetic energy which vibrates at different frequencies. You may have heard this described in the past as an 'Aura' (*Human BioEnergy Field*) or 'Chi' energy, which flows through the body in order to maintain health and well-being, both physically and emotionally.

Energy healing is the clearing and re-balancing of the entire physical body and the electromagnetic energy field that surrounds it. In scientific research we have found that the aura is electromagnetic field of energy that extends all around our body for about 4-5feet (in an average healthy body) and appears to be depleted in cases of unhealthy person.

What is Reiki healing?

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.

What is Pranic healing?

Pranic Healing® is a form of energy medicine that teaches its practitioners to increase, control and direct the prana, or universal life force, that is all around us for their own personal health and energetic benefit. Pranic Healing® was created by Chinese-Filipino spiritual teacher and energy master, Grandmaster Choa Kok Sui, who spent years researching such esoteric systems as yoga, chi kung, Kabbalah (a form of ancient Jewish mysticism and spiritual practice), and many others in order to create a simple, practical, effective "optimum" energy healing system anyone could learn and use.


There are six steps to this healing system. The first step is clearing negative emotions and limiting beliefs. The second step is pranic breathing. This is a highly-energizing breathing technique that utilizes the principles of rhythm, a specific breathing count, and retention, the purposeful holding of the breath in the lungs at specific times, to enable practitioners to draw in large quantities of prana to boost their own vitality and relieve health problems. The third step is energy manipulation, which consists of three methods of manually cleaning your energy body and maintaining the smooth, plentiful flow of prana through it.

The fourth step is energetic hygiene, which is the practice of keeping your energy body as clean and charged up as possible through emotional regulation, dietary recommendations, special physical exercises, the use of salt as an energetic cleansing agent and numerous other techniques. The fifth step is meditation. The sixth and final step consists of the two very powerful energy-generation exercises, of which both have been modified by Grandmaster Choa to make them simple to perform while still ensuring that they enable the practitioner to produce great quantities of high-quality prana. These include the modified Tibetan Yogic Exercises and the modified Mentalphysics Exercises.

What is chakra healing?

There are seven chakras which are openings into energy points within the physical body. The word 'chakra' is derived from a Sanskrit word meaning 'wheel'; but perhaps even a better translation would be spinning wheel. Chakra is actually a term which defines a number of lines meeting on a common specific point. So in our bodies we have a number of nerves crossing at various parts our body forming major and minor energy meridians which carry the energy to different parts of out body. –

Each chakra vibrates at a different frequency, and transmits energy when opened and balanced. When any of the chakras are closed or blocked, disease can occur as the energy which is needed to sustain the physical body's well-being is restricted. In order to correct this problem, the seven chakras must be opened and re-balanced, thereby clearing any clogged or blocked chakras and allowing energy to flow freely into the physical body.

The background of the image shows a person's legs in a yoga pose, specifically a standing split, against a green and blue gradient background. The text is overlaid on this image.

**HEALING IS A
MATTER OF TIME.
BUT IT IS
SOMETIMES ALSO
A MATTER OF
OPPORTUNITY.
-MELODY BEATTIE**

Frequently

Asked

Questions

You don't have to be ill to have a healing session!

Going to see a healer when you don't feel ill, perhaps just a bit tired or fatigued, is in fact the best time to go! Why wait until blockages in your energy field manifest into physical or emotional problems, surely it is better to treat them before more serious health problems take hold.

Think of it in the same way you would your car, if you service it regularly and make sure it is well maintained, you will avoid more serious mechanical faults from arising. Your body is no different, if you neglect it and carry on pushing it harder when it feels tired and stressed, it will breakdown and be much harder for you to repair it.

How can an energy healer, chakra healer or reiki healer help me?

When the body's energy field or chakras become blocked, it allows physical/mental illness to form and take hold. By removing these blockages and re-establishing the energy flow throughout both the physical body and the energy field surrounding it, the body's own natural healing mechanism is restored.

What happens during a healing session?

Depending on your condition you will be either sitting or lying down. Ann will then scan for energy blockages/disturbances within your body by placing his hands over it in order to pinpoint the exact location of the blockage/weakness. Once located, Ann will begin work clearing the blockage/disturbance from your energy field. The whole experience is very calming and non-invasive.

What will I feel during the healing?

Clients have reported feeling many different sensations during their healing sessions. The most common experiences are extreme heat and/or cold, tingling sensations, bright lights or colours, and an overwhelming feeling of calm and peacefulness.

How many treatments will I need?

This really depends on the severity of your condition, and the strength of the interaction between your energy field and the physical body. Some patients have experienced complete healing of their ailment very quickly, within 2-3 sessions. Others have experienced improvements with each treatment, but have taken longer to reach the point of complete healing.

Healing is also very effective to maintain good health. It is recommended to get regular 'top-up' sessions. Life continues and our energy and bio-energy gets affected on a daily basis. So as mentioned before, you don't have to be ill to see a healer. Be pro-active and look after your health. Don't wait until you feel fatigued or unbalanced, why wait until blockages in your energy field manifest into physical or emotional problems: prevention is the best medicine.

Why would I need more than one healing session?

Energy blockages become entrenched over time, like bad habits. In order to move and clear these blockages, it is a gradual process of breaking them down and restoring the flow of energy back to its natural state. You may find that after just one session you feel almost if not completely cured, but small blockage traces may still exist and in leaving them untreated they will again gradually build up over time into a much more serious condition.

Over the many years Ann Boone has been treating patients and she has found that the majority of clients have experienced a dramatic improvement in their conditions after 3-5 sessions.

How long will it be before I start to feel better?

Each client is individual, as is their condition, and as a result the rate at which energy flows through them and healing takes place is different. You have most undoubtedly at some point in your life heard of some people being referred to as 'good healers'.

This basically means their bio energy field is more receptive to positive healing energies and the body responds to this by healing itself faster. It is therefore, as is the case with all medical treatments, impossible to give an exact timeline for your body to respond, but in general patients have reported feeling a significant improvement in their conditions 3-5 days after their very first session.

Are there any conditions you don't treat?

Ann believes everyone will benefit at some level from having their energy field cleared of negative energy blockages/disturbances, and will therefore treat any and all conditions.

I am pregnant. Is Healing right for me?

Ann is happy to work with ladies who are pregnant. Healing will benefit them to relax and relieve some of the aches and pains some ladies experience during pregnancy. As is required by law they would need to provide written permission from their care team, their doctor, midwife or gynaecologist.

Please do mention that fact you are pregnant as soon as possible, preferably when you book your appointment.

Do you provide Healing to Children?


Yes, Ann is happy to work with children and minors. She does require a written and signed agreement from the parent and/or legal guardian. It is strongly recommended for the parent and/or legal guardian to be present in the same room/space where the Healer is working with the child. Children are often more in tune with their intuition and their energy. They often perceive colours, sounds and other feelings more easily than adults. It is very beautiful to work with them. The youngest child Ann worked with was only 3 months old.

Please do mention when that the client will be a child or minor, preferably when you book your appointment. That allows us to inform the Healer(s) who will be working with you.

Does Healing work for pets too?

Yes, Healing works brilliantly for pets. Healing works on any type of lifeform actually, people, animals and plants. Animals very often 'see' the healing energy from the healer and spontaneously 'ask' for healing.

They will allow you to give them healing as long as they need it. It is fabulous to work with animals. I have worked with horses, dogs, cats, rabbits, bees, chickens, sheep, cows, parrots, even a pet guinea fowl and even a blind rhinoceros in Kenya.



**ALL HEALING
IS FIRST A
HEALING OF
THE HEART
-CARL TOWNSEND**