

**Nóirín Callanan featured in the Wicklow Times, February 2000**

## **Nóirín's Healing Hands**

In an age when we all need increasing amounts of it to keep pace with the hectic demands of modern life, there are times when less, rather than more energy holds the key to feeling and looking good.

Less trapped energy that is.

For according to Bray healer Nóirín Callanan, energy trapped in parts of the body can frequently be at the root of long term discomfort and pain associated with such common ailments as asthma, arthritis, back pain and migraine.

“Energy in itself is neither negative or positive, but trapped or stagnant energy can cause pain until it is released” she explains. During a healing session, Nóirín moves her hands in smooth motions one to three inches from the body, releasing the trapped energy. “If you don't have your health, you have nothing. My aim is to help people suffering from physical, emotional or mental pain by helping the body to re-awaken and invigorate its own natural healing abilities” she says.

While sceptics may scoff, Nóirín points out that Healing is well established in the UK, where doctors can refer patients to healers under the National Health Service. In the USA, hospital nurses use a form of energy healing known as Therapeutic Touch. Since she trained as a full-time healer just over six years ago, Nóirín's healing hands have won her glowing praise from a growing number of clients, including a number who went to her figuring they had nothing to lose, but went away amazed at the benefits they felt from healing.

These include a woman who experienced enormous relief from severe arthritis in her knees and hip after just three half-hour sessions with Nóirín. A man whose mobility had been affected by severe back injury, and a woman who no longer wears a surgical corset which she had to use after suffering from a prolapsed disc.

Another client is a young mother who believes Nóirín saved her five-year-old daughter from a life-threatening lung infection after all other attempts at treatment failed. “I was at my wits end when I went to Nóirín. Our daughter was very ill, down to one and a half stone in weight and couldn't even undergo a planned hospital operation because she was so weak, but after four sessions with Nóirín x-rays revealed the infection had shrunk and the operation was

cancelled. The hospital specialists were amazed it was Nóirín who cured our daughter,” says the happy mum.

While she encourages people to “take their health into their hands” in consultation with the family GP, Nóirín would like to see more doctors refer patients with “so-called incurable conditions” such as asthma and arthritis to healers or other complementary therapy practitioners. Indeed, she would like to see all hospital nurses trained in Natural Healing Techniques.

Satisfied clients have praised Nóirín’s “gift for healing”, but she believes that everyone has the ability to become a successful healer. Healing can be used not only to treat physical conditions, but clients who have suffered from depression or general lethargy have also reported major improvements in their general well-being and peace of mind.

Nóirín runs regular workshops to teach people to use natural energy techniques on their own family members and pets. “Like everything else, the more interest and dedication you have, the more likely you are to succeed at it. The techniques and skills can be acquired through training. “In my classes I want to encourage people to learn and use simple Natural Healing techniques on themselves and their families,” she says.

Nóirín holds regular healing sessions both at her clinic and at the Harvest Moon Healing Centre near Stephen’s Green, Dublin2. She can arrange home or hospital visits and welcomes any doctor or other medical personnel who wish to test the effectiveness of healing energy for themselves.

For further information on training courses or to make an appointment, ring Nóirín at 01- 276 0766.