

Who am I?



My name is Christine Nock. Originally from Germany, I have now lived in New Zealand for many years.

I first became interested in different health modalities after having been fed up with taking medication that had debilitating side effects, and having seen doctors that very rarely gave me alternative choices.

So I started studying homeopathy and have successfully completed my 4 year National Diploma in Homeopathy and have also become a Reiki Master Teacher Practitioner. I find these health modalities work very well together and also in conjunction with western medicine.

Working with people and their health concerns is what I love and thrive on. I am working from the Marston House Clinic in Kaiapoi but also do house visits if necessary. Appointments with me can be made either at the clinic or leave me a message on my answer machine and I will get back to you as soon as possible.

Prices:

Reiki Treatment	\$50
Reiki Level I	\$250
Reiki Level II	\$350
Reiki Level III	\$450
Homeopathy consultation (initial - 90 minutes)	\$70
Follow up consultation (45 minutes)	\$45



Christine Nock
Dip. Hom. and Reiki Master



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Reiki Reiki

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What is Reiki?

Reiki is a Japanese technique based on the idea that an unseen "life force energy" flows through us and causes us to be alive. When our life force energy gets low we are more likely to get sick and feel stress. When it is high the person is more likely to be happy and healthy. The word Reiki is essentially two words: Rei- meaning Universal Power and ki- meaning life force energy.

The Reiki practitioner has been attuned to be a channel of this life force energy and is therefore able to give to the patient the energy that is needed in order to get better.

Reiki is a natural, holistic energy healing technique for improving our physical, emotional, mental & spiritual well-being.

It is an excellent de-stresser.

Reiki can be used on effectively all illnesses & injuries to help reduce pain, side-effects & time needed to heal.

It provides a deep relaxation, promotes a sense of peace & well-being. It's aim is to bring the body, mind & spirit into balance and harmony so we can live our life's like that.

Reiki can also be very helpful for animals. It can decrease their stress levels, help with behavioural issues. It is very helpful with animals that have previously been in a shelter situation or support dying animals and their owners.

What will happen during a consultation?

Consultations usually take up to an hour.

Treatments are given with the patient fully dressed on a massage table.

The practitioner will then apply their hands on certain parts on the body.

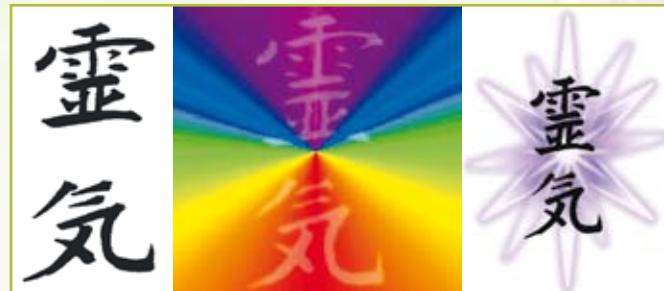
Reiki works with the chakras, the energy centres of the body and these are often the areas where Reiki is applied.

The practitioners hands may feel cold, hot or sometimes they will twitch or vibrate. This is the effect of Reiki flowing through thier hand.

The person receiving Reiki will feel relaxed or sometimes sleepy as the energy promotes healing and reduces stress.

How many treatments are needed?

When you receive Reiki for the first time it is recommended to have 3 Reiki treatments within a short amount of time. This helps the body to work quickly through the process of clearing toxins. After that treatments can be arranged according to needs of the client. I always recommend to have maintenance treatments so that your body, mind and spirit stays in optimum health. If you have a long term problem then it is recommended you learn Reiki, so you can treat yourself daily.



Reiki Courses

During these courses Reiki and its technique is passed on from teacher to student. It teaches you, above other things such as some theory, the hand positions to be used on yourself and others. Reiki has been successfully taught to thousands of people of all ages and backgrounds around the world. Everyone is able to be attuned to Reiki. And once attuned you will be able to channel Reiki for the rest of your life. It does not depend on one's intellectual capacity, learning ability, and spiritual development.

I offer Reiki Courses for Level I, II and III. These are either weekend courses or can be done over a 7 week period with a 2 hour tutorial per week

REIKI I

An introductory training course for anyone who is interested in their own self healing and in enhancing the quality of their everyday living. You will take with you a daily practice that can help you relax in your day to day, and also increase your energy levels. No prior training is necessary.

REIKI II

For those who have completed Reiki I and want to take self healing to a deeper level and understanding the causes of illness and imbalances. You will learn the three symbols that help you access certain frequencies of healing and also learn how to send Distant Healing.

REIKI III

For those who have completed Reiki II and want to teach Reiki to others. The focus of this course is Self Understanding and how you create your own reality. You will learn the different attunement methods of the three different levels of Reiki and embark on a conscious journey.