

Competition

READER COMPETITION

Win a FREE REIKI SESSION with **KEN RUSSELL REIKI MASTER** or **JANET RUSSELL REIKI PRACTITIONER**

What can Reiki do for me?

Over the years, Reiki which was evolved in Japan seems to have dealt successfully with a lot of problems and disorders, and it has been found to be effective in a wide range of conditions. The general effect of a course of Reiki treatments will be to produce a feeling of being 'laid back', calm and serene, more able to cope. If energy levels are low then they will be boosted, if spirits are low then they will be lifted; it makes you feel more positive and brings things back into balance.

It is said that Reiki can produce fast and long-lasting results in many cases of:

Stress, tension, anxiety and related symptoms
 Sleeplessness
 Emotional turmoil and discord
 Feeling unable to cope
 Low spirits, depression

....even when these problems have continued unresolved for years. Usually a course of Reiki treatments would seem to be enough to produce long-term beneficial changes in these areas. Physical problems can sometimes take a little longer, but it is said that Reiki can be very successful with all of the following, and others besides:



Sports injuries: Long term pain, e.g. back pain
 Rheumatism, arthritis, sciatica, low energy levels

For your chance to win a free Reiki Session with either Ken or Janet Russell, just answer the following simple question: **In which country was Reiki evolved?** Write your answer on a piece of paper together with your name, address & telephone number & post to: Reiki Competition, All Things Local, 74 Woodhouse Road, Kilburn, Belper, Derbyshire DE56 0NA. Alternatively, you can email your answer to karyn@allthingslocal.co.uk and put REIKI COMP as the subject. Closing date for entries is Friday 31 October 2008.

Reiki Master + Practitioner

Janet + Ken Russell

Usui System Of Natural Healing
 Restore Your Body's Balance
 Relieve Stress & Anxiety
 Suitable For All Ages
 Free Consultation

What is Reiki?

Reiki is a safe, gentle, non-invasive form of hands-on healing. Recipients report their experience of Reiki includes increased energy, reduction of pain, deep relaxation and a general feeling of well being.

£5 OFF ALL TREATMENTS BOOKED DURING OCT & NOV 2008.

www.kenrussellreikimaster.co.uk

Contact Details:
 Telephone - 01332 281786
 Mobile - 07791 672578
 Email - Janetken@hotmail.co.uk
 Denby Village, Riplex, Derbyshire

Sudoku Answer



8	9	2	7	6	5	4	3	1
7	5	4	8	3	1	2	9	6
1	6	3	9	2	4	8	7	5
3	7	9	5	8	6	1	2	4
5	1	8	4	9	2	7	6	3
2	4	6	1	7	3	5	8	9
4	3	7	2	5	9	6	1	8
9	8	1	6	4	7	3	5	2
6	2	5	3	1	8	9	4	7