

Julie's story

Hi, I am Julie Reid a Reiki Master/Teacher, Neurological Linguistic Programming practitioner and a Results Coach.

When I first qualified to perform Reiki I confined myself to practicing on myself and my family. In 1987 I was diagnosed with a slipped disc at L3 and sciatica I was told I would need surgery which would only give me a 50% chance of walking away from the operating table. I did not see surgery as an option for me and so sought alternative treatments. For a year and a half I was unable to move around unassisted and ended up house bound. Over the years I tried at least ten different therapies from a chiropractor through to acupuncture. I tried anything and everything, the only thing that gave me consistent relief and the ability to walk was a cranial osteopath however I had to depend on attending weekly appointments which while keeping me relatively mobile were time consuming and costly, especially when you consider I was going to her for 15 years.

During that time I began a journey of education both in academia and personal growth. While gaining a Bachelor of Commerce in Accountancy I also began exploring the psychology of pain which led to the discovery of Neurological Linguistic Programming which changed my life dramatically. Neurological Linguistic Programming gave me the tools to understand that through my subconscious I had created my own back related problems. This is when I learned that it is in the meaning we ascribe to a particular event in our lives, significant or not, that shapes who we are. Having one on one NLP sessions enabled me to deal openly with traumatic events in my past, eradicating negative and limiting beliefs and giving me a positive direction in my life.

I was sick of being dependant and with two children prone to ear infections and colds I knew there had to be another way. It was at this point that I was introduced to the idea of Reiki. I was skeptical to start with but with mounting doctor's bills I thought it couldn't possibly hurt to give it a shot. I was genuinely surprised when it seemed to work and as time went on I noticed doctors' visits diminished and the health of the whole family improved. I even stopped attending the cranial osteopath; I was able to self treat the pain with longer and longer periods between each Reiki treatment. I have had no outside treatment for my back since being attuned to Reiki and am totally independent. I see Reiki as being a gift to me and my family.

In 2006 while practicing as an accountant I toyed with the idea of making Reiki my career but I felt it wasn't financially viable compared to accounting. It would mean departing from the norm as perceived by society, stepping away from the logical and into the spiritual realm. In September of that year while socializing one of my friends began feeling faint and while the staff called an ambulance I gave her Reiki and she recovered rapidly. Afterwards a patron came over asked me what did you do to your friend to help her. I told him it was Reiki and he asked if I could cure heart disease. After a short discussion I realised he wanted me to treat Hayden Roulston for his life threatening heart

condition. Hayden had been told if he got on a bike again he would die. I said I can't give you any guarantees but I can give it a go.

That was the beginning of a journey that continues today.

Less than two months later after two treatments per week Hayden was back on his bike and winning National and South Island titles. When I discovered that Hayden was repeating patterns of sabotage in his career I applied my knowledge of NLP, initially by suggesting a qualified practitioner, working with them both and eventually becoming qualified myself. He encouraged me to continue with Reiki Training and I gained my Master/Teacher qualification in October 2007. Hayden inspired me to expand my Reiki practice and with his recommendations and word of mouth I have built up my clientele over time. My confidence and intuition have continued to grow through practicing of both disciplines. This meant I could combine both modalities to speed up the healing process and the attainment of personal and professional goals. In Hayden's case this has resulted in the achievement of becoming an Olympic double medalist in 2008.

The tools I now have at my disposal are not limited to Reiki and NLP but include Ericksonian Hypnosis, Neurological Repatterning and Quantum Touch. As I continue to gain knowledge I can offer my clients the treatment approach that works best for them and gives them the results they are seeking.