

the immune system.” Reiki (‘universal life energy’ in Japanese) is a natural technique for stress reduction and relaxation that promotes healing. Based on the principle that illness is caused by a disruption in the body’s energy field or life force, Reiki connects to the spiritual element within us. Administered by the ‘laying-on of hands’ on the body, there is a transfer of energy to the recipient to rebalance the negatively affected part/s of the body. Reiki is not the removal of symptoms; it is about releasing the cause of illness to bring the body back to a state of alignment and health. This energy is not something the practitioner creates – it has already been created by Hashem – and the practitioner will transmit this energy where it is needed for healing. A Reiki treatment feels like a wonderful energising radiance that flows through and around you. Of course, no medical diagnosis, prognosis or health recommendations are given because Reiki deals with energy healing. The client remains fully clothed, and experiences many beneficial effects that include vitality, feelings of peace, security and well-being after the session.



BODY AND MIND

Fitness and general bodily health is paramount to overall wellness, but sweating it out at the gym is not for most people. An exciting way to build yourself up is through Krav Maga, which literally means ‘close combat’, the eclectic Israeli art of hand-to-hand combat. Derived from street fighting skills, with a bit of wrestling and boxing added into the mix, Krav Maga is a tactical self-defence skill used not

only by the Israeli Defence Force, but also by Israeli law enforcement, Mossad, the FBI, the United States special operations forces, and the Irish and British Special Forces. But it is not a martial art, says Jeffrey Miller, Krav Maga instructor. Rather, it is a full self-defence system through which you are trained to solve problems by the reflexive responses which you are taught, which rely on your natural instinctive reactions to ‘react and counter’, the motto by which the art evolved. While there is no set technique other than the training of combatants in conditions approximating real-life scenarios, the manoeuvres aim to neutralise the threat and facilitate rapid and safe escape. And these principles can be related to everyday life and adapted to everyday scenarios.

Krav Maga teaches you to identify a problem, to assess whether you can get away safely, and if not, how best to react quickly and efficiently, which will make getting away easier. It teaches you to think on your feet, to be aware of your environment and the potential threats it contains at all times, and to solve problems in the best way possible. Because of this, it is not only a wonderful self-defence mechanism, but a way to look at life as well. It increases self-awareness and knowledge of your abilities, your strengths and weaknesses, taking your individual ability and building on it rather than laying down set parameters. This is why it can be practised by all ages and all levels of physical strengths, and it doesn’t distinguish between the genders either, because it focuses on what you are innately capable of and good at – so even girls, who are naturally less aggressive, are moving up in the Krav Maga ranks.

**WINDOW TO
THE SOUL**

It is often difficult to express one’s self solely through the use of words. So for those of you looking for an alternative means of communication, to express your innermost



depths, picking up a brush and expressing yourself creatively can become a window into your world, through which to find meaning and peace. By tapping into the creative process, art therapy, an internationally recognised form of psychotherapeutic healing that involves a combination of art and psychotherapy, can evoke different feeling states, and the work created often reflects the unconscious forces and experiences that shape a person’s life, says art psychotherapist Samantha Davis. Different art materials (such as paint, clay, crayon, chalk, ink, and collage) are available, through which

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Art psychotherapist, Samantha Davis

you can express, explore, and gain a deeper understanding of thoughts and feelings in the presence of a trained art therapist. This leads to greater personal insight, growth, and transformation. And this form of inner expression and healing appeals to everyone’s inner Picasso – because everyone can make art! Knowledge of art or a specific artistic ability is not a prerequisite for attending art therapy and no judgments are made on the artwork. It not only relaxes both the body and mind, relieving emotional and physical stress, but it opens you up to finding your ‘self’ on a soul level. It opens you up to your inherent creativity, a quality everyone has. It’s not about your ability to draw and paint, but about the capacity to create your life. ■