

WHITE STAG

AWAKENING

An invitation to begin



WELCOME

Take a moment.

There's nowhere else
you need to be.

Hello!



I'm Lisa, thank you for taking the time to read this.

Life can be busy, sometimes joyful, sometimes overwhelming and occasionally just exhausting! It's easy to spend so much time looking after everything and everyone else that we lose sight of ourselves beneath everything we're trying to hold together.

White Stag Awakening was created to offer something very simple:

A peaceful space where you can press pause for a while and simply be yourself.

And before you worry...

You don't need to know anything aout energy healing.
You don't need to find a mountain to go and meditate on.
You don't need to know what Mercury is doing.
And you definitley don't need to arrive feeling calm.

You simply need to come exactly as you are

Some people chat through out their session.
Some people laugh.
Some people become emotional.
Some people fall asleep.

However your session unfolds, there's no right or wrong way to experience it.

One session won't make all of life's challenges disappear, but sometimes the smallest moments of stillness can be the beginning of meaningful change.

I'm not here to tell you who you should become.

I'm here to support and guide you, offering a calm, supportive space where you can reconnect with yourself, one session at a time.

I look forward to meeting you.

Lisa

The heart of my practice

People often ask me how I came to work in this field.

The answer is simple - I wanted to find a gentle way to help.

It started many years ago when I was looking for ways to support two very special little girls through an incredibly difficult time in their lives.

I wanted to offer something that didn't rely solely on finding the right words, because sometimes healing begins long before we're able to find the words.



That search introduced me to Reiki, and from there my understanding of energy healing continued to grow.

Alongside my love of helping people has always been a deep love of animals. They, too, experience change, fear, grief and stress, yet they often show us that healing doesn't always need words.

Over the years, my practice has become about something much bigger than Reiki alone. It's about creating a calm, supportive space where people—and the animals they love—can begin to feel lighter, stronger and more able to move forward in their own way.

I don't believe life has to feel overwhelming forever. Sometimes, with the right support, we begin to see possibilities where we couldn't see them before.

Helping someone find that place again is a privilege, and it's the reason I continue to do this work.

How can I help?

Every person arrives with their own story, which is why

every session begins with a conversation.

Tell me what's been happening, and together we'll explore what feels right for you. From there, I'll create a session tailored to your own individual needs.

Don't worry. There won't be a test or endless forms to fill in, and you certainly don't need to work out which approach is right for you.

That's my job.

Life has a way of becoming complicated. My job is not to add to that. It's to help simplify it.

There isn't a one size fits all approach here.

Every session is flexible.

If something doesn't feel quite right, just let me know, I won't take it personally and we'll simply adjust the session.

This time is yours.

After all... It's for your benefit, not mine and you are always in control of what happens.

Other ways I can support you

The support I offer isn't limited to in-person sessions... or even to people.

Whatever your circumstances, support can be shaped around what you need most.

Support for animals

Animal Reiki offers a calm, gentle way of supporting your companion's wellbeing, always respecting their comfort, choice and individual needs.

Sessions may be offered in person or remotely where appropriate.



Support, wherever you are

You don't always need to be in the same room to receive support. If travelling isn't practical, distance sessions provide the same calm, personalised approach.

Wherever you are in the world, support is still available.

The Aura Experience

During some appointments, you may choose to have an aura image taken using specialist biofeedback technology. It offers a fascinating snapshot of your energetic state at that moment and can provide a helpful starting point for reflection and discussion alongside your session. Many people simply enjoy seeing their aura and how it changes over time.

Aura Imaging

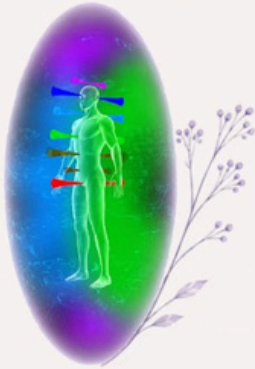
See the energy

Aura Imaging offers an intriguing glimpse of your energetic state in that moment.

It offers a intriguing snapshot of your energetic state at that moment and can provide a helpful starting point for reflection and discussion alongside your session. Many people simply enjoy seeing their aura and how it changes over time.

During some appointments, you could choose to have an aura image taken, we may even start a session taking a look at your aura, and then have another look at the end to see how your energy has changed.





The experience creates captivating 3D aura and chakra visualisations in both imagery and streaming video, and all you have to do is put your hand on a sensor!

After your session, I will send you a comprehensive report that includes personality qualities and characteristics associated with the colours of your aura including:

Mind & Body
Social Life
Relationships
Career
Health and growth

Curious?

Aura Imaging can be booked as a standalone experience or included as part of your session.

If you're simply curious, it's a wonderful place to begin.

Distance Healing

One of the questions I'm asked most often is:

"How can healing work if we're not in the same room?"

It's a natural question.

Distance Healing is simply energy healing offered remotely. Rather than meeting in person, we agree a time for your session while you relax comfortably in your own home.

Many people describe the experience as deeply calming. Some notice warmth, tingling or a sense of peace, while others simply enjoy taking time to rest.

Every experience is unique.

There is nothing you need to do during your session other than make yourself comfortable and allow yourself time to relax.

Although Distance Healing may seem unusual at first, many people find it just as meaningful and supportive as an in-person session.

Whether we're together in the same room or connected from different places, my intention remains exactly the same - to offer gentle, compassionate support wherever you are.

If you're curious but unsure, that's perfectly ok

Curiosity is often enough.



Animal Support

Sometimes the greatest healers have four legs.

When you spend time around animals, you enter a world where many of the things that trouble us as humans seem to lose their importance. They have a wonderful way of bringing us back to the present moment.

Animals experience the world differently. They don't analyse, overthink or carry expectations in the way that we often do. Instead, they simply respond to the world as they experience it.

I work with animals in the same calm, intuitive way that I work with people - always at their pace, never forcing interaction.

Some choose to come close.
Some choose to watch from a distance.
Both are perfectly okay.

One of the things I love most about working with animals is that they have no expectations. They simply decide whether they'd like to join in or not. If she's allowed, my own cat often wanders into the room during a session, curls up nearby - or occasionally on a client - and then quietly leaves again when she's ready.

It always reminds me that support is never something to force - it's something to offer.

Animals are incredibly perceptive. They often respond not only to our actions, but also to our emotions and the atmosphere around them.

Sometimes their behaviour invites us to pause and reflect on what might be happening within ourselves, reminding us just how closely connected we are.

Many people find that as they begin to feel calmer themselves, positive changes often ripple through to the animals they share their lives with.

A gentle reminder...

Support isn't about changing who they are.
It's about creating the conditions in which calm, trust and balance can naturally return.

James receiving energy healing.



Every session is unique.

No two people are the same, so no two sessions are the same either.

Some people arrive needing to talk.
Some people arrive needing stillness.
Some people need to laugh.
Some need to cry.
Some don't know what they want yet...

And that's absolutely ok.

We'll begin with a conversation and allow the session to unfold naturally

Sometimes we'll spend more time talking.
Sometimes we'll spend more time with energy healing.

More often than not, it will be a combination of both.

My role is to meet you where you are on that particular day, creating the space that feels most helpful for you.

I usually like to finish with some gentle Reiki, even if we've spent most of our time talking. Many people find it offers a sense of calm, balance and grounding before they leave.

If you happen to fall asleep during Reiki, don't worry, it's one of my favourite compliments!

There isn't a right or wrong way for a session to unfold.

There is only your way.

Always learning

I don't believe learning ever really ends.

Every person I meet teaches me something new, and I continue to study because I want to offer the most individual support I can.

Some of the most valuable lessons I've learned haven't come from a classroom.

They've come from life's challenges, from the people I've met, and from finding my own way through difficult times.

Those experiences continue to shape the way I listen, the way I support others and the way I practise today.

Alongside those experiences, I've been fortunate to train in a range of complementary therapies and energy healing approaches, including:

Usui Reiki Master
Animal Reiki Master
Crystal Reiki Master
Chakra Energy Healer

Aura Reader

Ikigai Practitioner

Energy Psychology Practitioner

EFT, TAT and EFT Energy Practitioner
Somatic Integration Practitioner.

Some kind words

I'm incredibly grateful to those who have kindly shared a little about their experience.

"I have found my sessions with Lisa have helped enormously with my levels of stress and anxiety, resulting in an almost immediate release of stress, creating a feeling of deep relaxation.
With her wonderful and caring holistic approach and using combined methods, she delivers a strong and powerful treatment. Lisa is a very talented practitioner, passionate about her work and I would highly recommend."

- Judy -

"Lisa possesses an incredibly warm and empathetic energy. Any fearful preconceptions that I might have had about being "read" were swept aside byher innate ability to bring a sense of calm and impart transformational encouragement. Lisa's intuitive approach is second to none and I came away from my time with her feeling deeply rooted, with a new-found excitement for the path ahead."

- Clara -

I arrived unsure what to expect or even what I wanted from my session. Changes in my work and personal life had left me uncertain. Two hours later I left feeling a calmness and clarity that had been missing. I felt able to face those changes with confidence instead of uncertainty. Lisa made a huge difference.

- Janet -

"Lisa is an amazing practitioner. My remote Reiki session with her was fantastic, and I would highly recommend it to everyone. It was an amazing hour during which time I felt calm, well cared for and energised. Many sensations came up through the session which I'm sure would be differentfor every individual and it was just an all round wonderful experience. I can't wait for another session."

- James -

"I have distance Reiki with Lisa as I live in Spain, and the experience is amazing. I can feel the energy flowing through me during a session and have experienced quite a few emotional releases I wasn't expecting! I feel completely relaxed and at peace after a treatment and my knees are less painful, I can walk further and I find myself having more energy after a treatment."

- Lesley -

Every experience is unique, but every person is welcomed with the same care, respect and compassion.

You might be wondering...

Before we begin...

Do I need to know anything about energy healing?

Not at all. You don't need any previous experience, special knowledge or a spiritual background. Just come exactly as you are and we'll take it from there.

What happens during my first session?

We'll begin with a relaxed conversation about what's been happening for you and what you'd like support with. From there, we'll decide together how the session unfolds. Every session is tailored to you, so there's no fixed formula or expectation.

What should I wear?

Anything you're comfortable in. There's no special clothing needed. Reiki and other energy healing approaches are carried out fully clothed.

It's completely normal to wonder...

What if I don't know what I need?

That's what I'm here for!

Do I have to talk?

No. Some people talk throughout their session. Some people hardly talk at all. Most people do a little of both. There's no right or wrong way to spend your time with me.

What if I'm nervous?

That's completely understandable. Trying something new can feel like a big step. We'll begin with a relaxed conversation, go at your pace, and there's never any pressure to do or say anything you're uncomfortable with.

What if I become emotional?

That's absolutely fine. Sometimes people laugh. Sometimes they cry. Sometimes they simply enjoy an hour or so of peace. Whatever happens, there's no pressure and no judgement.

Looking forward...

Will one session be enough?

Sometimes one session is enough to create an important shift. Sometimes meaningful change unfolds gently over time. Every person is different.

Still wondering?

Then please feel free to get in touch. There's no such thing as a silly question, and I'd much rather you arrive feeling comfortable than wondering what to expect.

Ways to work together

Whether you're looking for a single session or feel you would benefit from ongoing support, every appointment is shaped around your individual needs. Below you'll find the ways we can work together.

Complimentary Introduction - allow up to 15 minutes

If you'd like to ask questions before deciding whether to book, I'm happy to offer a complimentary introductory chat by phone or video call.

Introductory Support Session - allow up to one hour

A relaxed first session with time to talk, ask questions and experience Reiki.

£50.00

£5 of every introductory session is donated to Harrogate Cat Rescue

Support Session available in person and remotely - allow up to 90 minutes

Every session is tailored to your individual needs and may include, where appropriate, Aura Imaging.

£80.00

Collection of four sessions
£300.00 *(save £20)*

Collection of 6 sessions
£450.00 *(save £30)*

Reiki Only Session - allow up to one hour

For those requiring Reiki only, may also include crystal Reiki.

£65.00

`Collection of 4 sessions
£250.00 *(save £10)*

Aura Imaging Experience - allow up to 45 minutes

Perfect if you are simply curious as a standalone session.

£45.00

Animal Support - allow up to 1 hour

Each session is tailored to your companion's individual needs.

*From £45.00

* Subject to mileage and travel time costs.

An Invitation to begin

Thank you for taking the time to read this.

If something you have read has resonated with you, I'd love to welcome you to my treatment room at White Stag Awakening.

Whether you are ready to book a session or simply have a question, please feel free to get in touch.

The kettle is usually on - so is the coffee machine!

A little note before you visit.

White Stag Awakening is a calm space shared with Hopey, my much-loved resident cat. Most of the time she'll be happily asleep somewhere nearby, although she occasionally likes to say hello to visitors. Sometimes, if permitted, she will assist in your treatment!

If you have a cat allergy or would prefer not to be around cats, please let me know before your appointment so we can discuss the best option for you.

Whenever you're ready, I'll be here.





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