

# Case study

## The Healing Forest, Ireland



The Healing Forest is founded by Luke and Nicoline to support our clients while they navigate their way through life. This can be accessed through nature based programs such as Guided Forest Bathing Walks , practices such as Reiki , Shamanic, PastLife Hypnosis, Kundalini Activation, Sound, Crystal and Circles.

These offerings can be booked as a 1-to-1 Session or as a Group booking. We also facilitate training in Reiki, Kundalini Activation, and Forrest Energy Healing Guides. Our Goal for each visit that you have with us, is that you will feel safe , lighter and calmer in yourself!

<https://www.thehealingforest.ie/>



**Energy Healing with Nicoline**



**Shamanic Life Coach with Luke**



**Guided Forest Bathing Walks**



**Past Life Hypnosis Therapy**

# FOREST BATHING

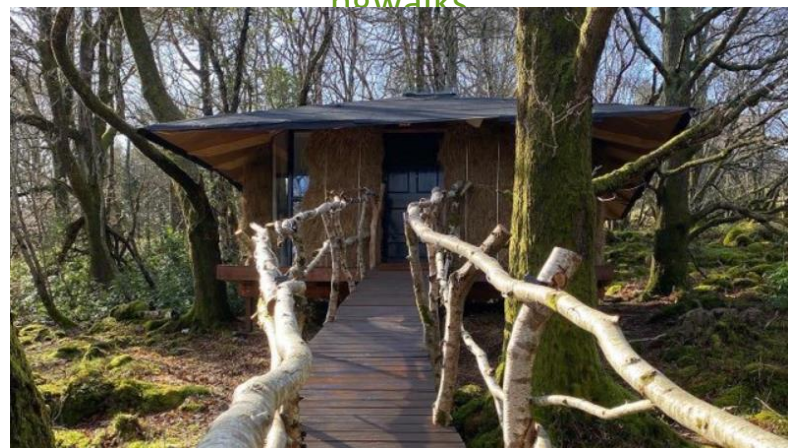
## WHAT TO EXPECT

The mindfulness walks take place in our 33-acre private native Irish woodland in Kiltarnan Co. Dublin. Shinrin Yoku or “Forest Bathing” has been practiced in Japan and Korea since 1982 and there have been nearly 40 years of scientific evidence-based research which shows physical and mental benefits.

The 2-hour walk is an invitation for you to slowly walk through the forest tuning into the sound, smell, feeling, and visual aspects of the forest. This experience can allow a higher appreciation of nature and in turn for yourself.

During the walk, there will be some invitations from our guides to connect with nature and then come back to share with the group. The space held is safe and non-judgmental so there is no pressure to do anything at all, including sharing. This is only an invitation and is fully respected if not undertaken. The walk concludes with a gratitude or a tea ceremony and a chat to ease you back into your everyday tasks.

<https://www.thehealingforest.ie/guidedforestbathingwalks>



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## REIKI



### REIKI

Reiki is hands-on healing that takes place with Nicoline. We have a chat about anything you feel drawn to. You lay down on a massage table. Your life force energy is re-energised & and balanced through Reiki, Crystal, and Sound frequencies and your natural balance is restored providing deep relaxation and bringing you a sense of peace, calm, and well-being.

<https://www.thehealingforest.ie/reiki>

## SHAMANIC



### SHAMANIC

A Shamanic Session with Luke starts with a short slow stroll through the forest for grounding purposes and to unplug from the everyday stresses. We move into the Shaman Room to chat about what's going well and not so well in your life. We then explore a modality that will serve you best at that time, whether it is a journey, CBT, Reiki, Hypnosis, Sound, or Crystal Healing. Gaining clarity of purpose helps to reduce stress, and assists in Ancestral Healing.

<https://www.thehealingforest.ie/shamanic-shamanism-celtichealing>

## KUNDALINI ACTIVATION



### KUNDALINI ACTIVATION

This session starts with a quick chat about any topic you are drawn to and intention setting is set followed by lying down on a mat. Music is played. You will be invited to allow yourself to surrender. This is a natural safe energy transmission of universal life-force energy which activates the Kundalini through touch (chakras) and music. You can release past traumas, stagnant energies and built-up emotions.