

## Coronavirus (COVID 19) – Update

Welcome to Healing-Inspiration.

I send my thoughts and love out at to you all during these challenging times.

I realise that for many this is a very difficult, testing and lonely situation. Please strive to stay grounded and connected to the Universal flow of love and light. Try to release yourself from the energy of fear and do all you can to be in the beauty of the present moment, with peace and gratitude. I realise for some this is a really big ask. However, even taking little steps at a time can help you with moving forward in a different way.

PLEASE NOTE AT THE MOMENT I CAN OFFER THE FOLLOWING THERAPIES WHICH MAY HELP YOU IN THE CURRENT SITUATION:

- COUNSELLING – Online/Outdoors in Nature
- MIND & BODY HEALING – Online/Distance
- REIKI HEALING – Distance
- REMOTE REIKI SHARE GROUP – Distance
- REIKI COURSES – Online (Attunements to be carried out face to face)
- SHAMANIC HEALING – Online/Distance/Outdoors in Nature
- MEDITATION & JOURNEYING SESSIONS – Online/Outdoors in Nature

Free guided meditations are available by Googling ‘Judith Cobby YouTube videos’.

Please email me [here](#) or call **01306 882229** or text **07790 614448** for further information or to organise an appointment time.

With love and blessings

Judith