

## **PROFILE:**

The Inner Lodge - Your Journey to Wellbeing

### Andonna Gotsi

A Reiki Teacher trained in Western and Japanese Reiki as well as a Lomi Lomi practitioner, Holistic Counsellor and Healing Facilitator of 30 years. Andonna is also a qualified Social Worker and teacher who has worked with children and families in Melbourne and London. Andonna's path and journey has encompassed and integrated her own cultural heritage and ancestors and adopted indigenous cultures.

Andonna works with you in partnership, with unconditional love and compassion on your journey to wellbeing - supporting you to embrace and reach your highest potential.

### Reiki

Reiki is a Japanese spiritual and healing modality that helps to rebalance the body, mind and spirit. Reiki's natural healing energy works on every level and promotes the body's regenerative self-healing ability. Reiki is a very simple, gentle and effective system of transmitting universal life energy through hands on healing in Reiki 1. It is used for healing in a broader sense: the healing of the body, emotions, mind and spiritual healing and growth.

Reiki 1 (Shoden) Reiki 2 (Okuden) Reiki 3 (Shinpiden)

### Holistic Counselling

As a Holistic Counsellor I walk with you by facilitating a process and hold a sacred space for you to journey rather than attempt to "fix" a problem.

Holistic counselling looks to your whole being and well-being rather than just focusing a particular physical, mental or emotional state/s. The purpose and process of holistic counselling is to enable you to experience life with greater joy and self-awareness and to deepen the awareness that beyond adversity there lays the opportunity for growth, healing and peace in your life.

### Lomi Lomi Massage

Lomi Lomi is more than a massage – it is a state of being, a sacred body work that empowers and facilitates a process of healing, harmony, balance and wholeness – physically, emotionally, mentally and spiritually.

Aloha – you are invited with love to "joyfully share the life energy in the present moment" Mahalo

### Ear Candling

Ear Candling is a pleasant non-invasive treatment that can help to promote an enhanced state of health. It is used primarily to relieve conditions in the head and ear area. A treatment requires a pair of specialised 'candles' to be used in the ears - they are not candles as such, but hollow tubes made from cotton, linen or hemp and dipped in beeswax and may be infused with essential oils or herbs. The practice of ear candling dates back approximately 2,500 years to the ancient Egyptians, Chinese, Tibetan and American Indian cultures.

Today, it is practiced by many cultures and is used as a complementary therapy. Candles used are Australian made by "Complete Health and Harmony" in Yarrambat.