



THE PLANETARY HEALING CENTRE

Holistic Health Project

Monitoring and Evaluation - Oct 2015 to Feb 2017.

The following is a snap shot of the impact our project is having on people's life.

Client 1: **stress/heart condition/general health problems.** "Feeling light, relaxed and happy after the shamanic healing session"

Client 2: **back pains.** "Felt better, relaxed, and the pain was gone after the KCR/massage session"

Client 3: **physical pains/arthritis.** "The reflexology session helped me to relax and feel much better"

Client 4: **sciatica/sore back.** "After being in a lot of pain, I managed to fully relax during my reflexology session"

Client 5: **psychological issues.** "I am feeling much calmer and I am feeling 'here' after my shiatsu session "

Client 6: **lack of grounding/issues of self-love.** "Felt an incredible, really grounding and loving energy during my session"

Client 7: **stress.** "Felt so much better after my massage session "

Client 8: **psychological issues.** "Felt deeply relaxed and less anxious. Looking forward to my next session. I feel that I benefit much"

Client 9: **physical pains:** "I really enjoyed my reflexology session. Feeling so relaxed now"

Client 10: **mental health:** "feeling amazing, super energised and happy after my shiatsu session"

Client 11: **emotional distress/recovery from trauma and addiction.** "Felt so much better after the shamanic healing session "

Client 12: **recovery from trauma.** "Felt so well and uplifted after my reiki session. Felt that progress was made"

Client 13: **arthritis.** "I really enjoyed my reiki session. Felt very relaxed and my knees feel less painful"

Client 14: **chronic pain.** "Felt better and relaxed after my KCR /massage session "

Client 15: **anxiety/stress.** "Felt very relaxed and much better after my reflexology session "

Client 16: **anxiety/psychological issues.** "Felt so much better after my KCR session"

Client 17: **sleeping disorder.** "Felt so empowered after my soul retrieval session"

Client 18: **stomach/back problems/depression.** "The treatments I have received have benefited me greatly. The therapist and the rest of the staff are so kind and welcoming"

Client 19: **emotional distress.** "I enjoyed my reiki session. Felt really relaxed after that"

Client 20: **fibromyalgia/migraines.** " acupuncture has helped me a lot and I am sure I will see more improvement in the future"

Client 21: **depression/heart problems.** "felt relaxed and much better after the feather-stone session"

Client 22: **arthritis/pain.** "Feeling uplifted and yet completely relaxed after my massage session "

Client 23: **psychological/trauma.** "Felt empowered and greatly benefited from the shamanic work"

Client 24: **stress/grief/stomach problems.** "Feeling much better and relaxed after my reflexology session "

Client 25: **anxiety/panic attacks.** "I'm feeling a lot better. My anxiety and panic attacks are getting under control. The changes recommended by the therapist are working"

Client 26: **stress.** "I enjoyed the feather stone session. Feeling more relaxed now"

Client 27: **anxiety.** "Feeling very relaxed and calm after my energy healing session"

Client 28: **thyroid problems.** "I feel amazing, fantastic, so good after my reflexology session "

Client 29: **mental health:** "I feel so relaxed after my reiki session "

Client 30: **sadness/grief/stress.** "I feel so nourished and present. Feel very relaxed"

Client 31: **stress/tension.** "Feeling calmer and more relaxed after the massage session"

Client 32: **chronic fatigue syndrome/hypertension/sore legs.** "Felt very relaxed and the first time in a long time that my legs didn't feel sore"

Client 33: **mental issues.** "I really enjoyed the energy healing session. Felt much calmer and relaxed"

Client 34: **anxiety.** "Felt deeply relaxed, energised and aligned after my massage session "

Client 35: **diabetic/chronic coughs.** "Feeling lighter, happier and more relaxed after the shamanic healing session"

Client 36: **tension.** "Felt much better after my treatment"

Client 37: **spinal problems/chronic anxiety.** "I feel a change for the better. Looking forward to continue the treatments for increased improvement "

Client 38: **tension.** "Feeling much better and more empowered from the shamanic healing session "

Client 39: **neck problems.** "Feel so much better after my massage session. Feeling a release of nervousness "

Client 40: **stress.** "I always feel well relaxed after my massage sessions here"

Client 41: **mental health.** " The soul retrieval sessions was very successful and I fell much better"

Client 42: **mental health** " I felt aligned and empowered at the end of the session"

Client 43: **lower back pains/stress.** "Feeling much better, no tension, and no pain after the massage session "

Client 44: **seeking general healing/balancing.** "Really enjoyed the Thai massage/shiatsu session "

Client 45: **stiff neck/shoulders.** "Feeling more at ease, connected, centred and more relaxed"

Client 46: **chronic pain/stress.** "I felt very relaxed after the reiki session "

Client 47: **stress.** "I feel calm, balanced, stronger and embodied after the shamanic healing"

Client 48: **stress/depression.** "I felt really relaxed and much lighter after my reiki session "

Client 49: **back pains.** "Felt great! Really relaxed and released a lot of tension"

Client 50: **emotional/psychological issues.** "I enjoyed the feather stone session and was very relaxed. Feeling more peaceful, quiet, and happier since my first session "

Client 51: **depression/recovery from drug abuse.** "Feeling relaxed and peaceful, the shamanic healing session made a lot of sense and brought good advice"

Client 52: **joint problems/pain.** "Very enjoyable KCR/massage session. Feeling much better"

Client 53: **addictions.** "Felt deeply relaxed and grounded after my energy healing session"

Client 54: **broken arm/pain.** "Really enjoyed the reiki session. Feeling less pain now"

Client 55: **emotional/psychological issues.** "The following 2-3 days after the shamanic healing session, I felt wonderful and I got in touch with my power animal in my dreams"

Client 56: **need of emotional clarity.** "I am feeling lighter and more joyful after my session "

Client 57: **anxiety/emotional issues.** "Feel calmer and clearer after my EFT/hypnotherapy session. Feel more optimistic "

Client 58: **arthritis.** "Enjoyed the massage session. Feeling very relaxed"

Client 59: **leg and back problems.** "Feel more relaxed and the pain has gone away after my reiki session "

Client 60: **stiff neck, shoulders.** "I felt great after the massage session. So light and deeply relaxed "

Client 61: **diabetic/rheumatism/physical pain.** "I am very happy with the KCR session. Feeling much better"

Client 62: **stress/anxiety.** "Feeling content, relaxed and really enjoyed the reflexology session "

Client 63: **anxiety/emotional issues.** "I have made big improvement since my last session. I am feeling more in my body, taking steps to deal with my anxiety issue and managing my emotions better"

Client 64: **autoimmune hepatitis/depression.** "Feeling much better and happier after the soul retrieval session "

Client 65: **depression/anxiety.** "My head was totally cleared after the shamanic healing. Felt more relaxed, refreshed and optimistic "

Client 66: **high blood pressure.** "Feeling great and wonderful "

Client 67: **emotional issues.** "Feeling much more calm and relaxed after the reflexology session "

Client 68: **depression.** "I feel very happy and moved by the soul retrieval experience"

Client 69: **depression/anxiety/fibromyalgia.** "Felt much more energised, quite cheerful and happy after my reflexology session "

Client 70: **back pain.** "Felt much better and relaxed after the KCR session "

Client 71: **back problems.** "Really enjoyed her reiki session and says she would like more as she feels that she would benefit from them"

Client 72: **depression.** "Feeling lighter and relaxed after the reflexology session "

Client 73: **disability.** "Feel much better after the KCR /massage session "

Client 74: **recovering addict.** "Feeling more loose, more relaxed after the Thai massage session "

Client 75: **candida.** "At the end of shamanic healing session I felt energised and confident that it will make a difference to my life"

Client 76: **stress.** "Great session. Deeply relaxing"

Client 77: **asthma.** "Felt good after my session "

Client 78: **back pain.** "Feeling lighter and more flexible after the massage session "

Client 79: **gastritis.** "Felt relaxed and enjoyed a gentle and nourishing touch from the massage session "

Client 80: **back problem/depression.** "Feeling more relaxed and open after the massage session "

Client 81: **back pain/high blood pressure.** "So much more relaxed and strengthened in my legs and lower back after the reiki session "

Client 82: **mental health** " I had a great shamanic healing session. Energy balancing and journeying. A very profound and resourceful session with so much strengthening for myself"

Client 83: **anxiety.** "I really enjoyed my reiki session and I will be back"

Client 84: **mental health issues.** "I enjoyed the massage session and felt relaxed afterwards. I would like to have more"

Client 85: **sciatica/arthritis**. "Felt really relaxed after my massage session. Hopefully I will get some sleep tonight"

Client 86: **chronic fatigue**. "After the first session my back has been pain free and felt more at ease. This time around I connected with my ancestors and with their words. Looking forward to what comes next"

Client 87: **stress**. "Feeling much more relaxed and uplifted after my holistic massage"

Client 88: **physical pain**. "This was the first time that I have felt relaxed in along time"

Client 89: **pain**. "The treatment helped me to find the stillness I needed to listen to my body"

Client 90: **sore head/arthritis**. "The project and the therapies I receive help me to relax. It lifts my moods. I feel less anxious"

Client 91: **anxiety**. "I managed to relax with the massage session "

Client 92: **spiritual health**. "Feeling very good, energised and very positive after the crystal healing session"

Client 93: **back pain**. "Feeling lighter and more in touch. Feeling more positive about life. Lower back feeling better"

Client 94: **lower back pain**. "I am feeling great. The pain feels less after my KCR/massage session "

Client 95: **stress/muscle tension**. "Relaxed and peaceful after the holistic massage session "

Client 96: **mental health** "this was my first massage session. I really enjoyed it and felt very relaxed"

Client 97: **arthritis/weight problems**. "Felt good and relaxed after the massage session "

Client 98: **physical/mental fatigue**. "Felt so grateful and calm after the shamanic healing session "

Client 99: **stress/arthritis**. "Felt very relaxed after the feather stone session "

Client 100: **depression/physical pain**. "Having just had shamanic healing, I feel a huge relief. I'm feeling more balanced and feel less pain in my body. I am extremely pleased with the healing. Thank you!"

Client 101: **insomnia/emotional issues**. "The Thai massage session I just received was great. I feel much more relaxed and very grounded"

Client 102: **depression/anxiety**. "The shamanic healing session was very powerful. I feel newborn. My shoulder pain has gone"

Client 103: **spiritual issues**. "Feeling much better and happier after the session. Next appointment booked already"

Client 104: **lack of confidence**. "I feel a lot more relaxed after the hypnotherapy session. I found it helped. Not feeling nervous anymore"

Client 105: **emotional issues**. "Feeling more clear and balanced"

Client 106: **physical pain**. "Feeling more relaxed after the massage session "

Client 107: **physical problems**. "Deeply relaxed. Felt strong energy moving "

Client 108: **anxiety**. "I felt relaxed and at peace after the feather stone session "

Client 109: **anxiety/trauma**. "I left feeling confident and empowered after my soul retrieval session "

Client 110: **stress**. "Felt much better and more energised after my reiki session "

Client 111: **sciatica**. "I am much more relaxed and planning to come for more sessions of shamanic healing"

Client 112: **anxiety/stress**. "I feel awesome and really great after the breath work session "

Client 113: **diabetic/arthritis**. "At the end of the session I felt a release of pain and clarity in my mind"

Client 114: **HIV/hepatitis**. "Enjoyed the hypnotherapy session and feeling more relaxed"

Client 115: **mental health** "felt more energised and my mood greatly improved after the reflexology session"

Client 116: **psychological/emotional issues**. "Felt lighter and more joyful after the shamanic healing session "

Client 117: **mental health** "felt really relaxed after my reiki session. Looking forward to my next one"

Client 118: **psychological/emotional issues**. "Felt calmer after the shamanic healing session "

Client 119: **psychological issues**. "After some sessions I feel better and more positive"