

Holistic Help for Hoarding Disorder

Presented By
Cynthia McGahan, BS
Reiki II Practitioner, De-Clutter Coach

Music and Empowerment



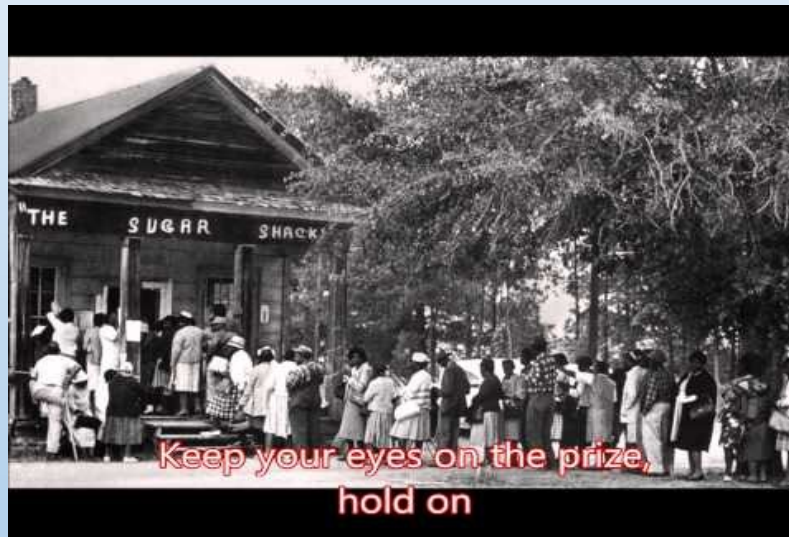
If You're Happy and You Know It

If you're happy and you know it, clap your hands (clap clap)
If you're happy and you know it, clap your hands (clap clap)
If you're happy and you know it, then your face will surely show it
If you're happy and you know it, clap your hands. (clap clap)

If you're happy and you know it, shout "Hurray!" (hoo-ray!)
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The Power of Song

Pete Seeger



Hear the Music

- Take note of what the words are saying.
- What instruments are playing?
- Does this music fit what you are feeling?
- Really listen, close your eyes.

What Do You Hear?



The Harp

- High Vibration.
- Many studies have been done on the effects of the harp.
- Harp Therapy reduces anxiety, increases sleep, stabilizes vital signs and can help people transition over at the end of life.
- Angels?

Crystal Bowls



Reiki



What is Reiki?

- The word Reiki (Ray Kee) is translated as “Spiritual Energy”
- Developed by Dr. Mikao Usui
 - Studied Both Christian and Buddhist teachings.
 - Went on a 21 day fasting/meditation retreat and was enlightened by the sacred symbols he had seen previously in his studies.



- Reiki is a channeling of energy it does not pull energy from the Reiki practitioner.
- Brings in positive energy flow to the body. It is a holistic technique for not only physical help in healing but mind body and spirit.
- You can use Reiki on yourself.

How to Become a Reiki Practitioner

- Take a Reiki I Class and learn the history and what Reiki is all about.
- Spiritual ceremony to receive an attunement.
This opens channels of energy.

Charkras

There are seven Chakras in the human body which form a vortex.

- Crown – I Know - Violet
 - Top of the head. Mind, nervous system, whole body.
- Third Eye – I See – Indigo
 - The forehead or brow. Pituitary, hypothalamus, endocrine system, head, eyes and face.
- Throat – I Speak – Blue
 - Throat. Thyroid, metabolism, ears, nose, mouth, teeth, neck and throat.
- Heart – I Love – Green
 - Center of the Chest. Thymus, respiration, circulation, immune system, heart, lungs, upper back, arms and hands.

- Solar Plexus – I can – Yellow
 - Solar plexus. Pancreas, muscles, digestive system, liver spleen, small intestine, gall bladder, middle back.
- Sacral – I Feel – Orange
 - Abdomen. Reproductive system, sexuality, food lower digestive system, kidneys, prostate, urinary tract, lower back.
- Root or Base – I Have – Red
 - Base of the Spine. Adrenals, skeleton, skin, blood, large intestine, pelvis, hips, feet, elimination system.

Chakra Clearing



Crystals and Aromatherapy



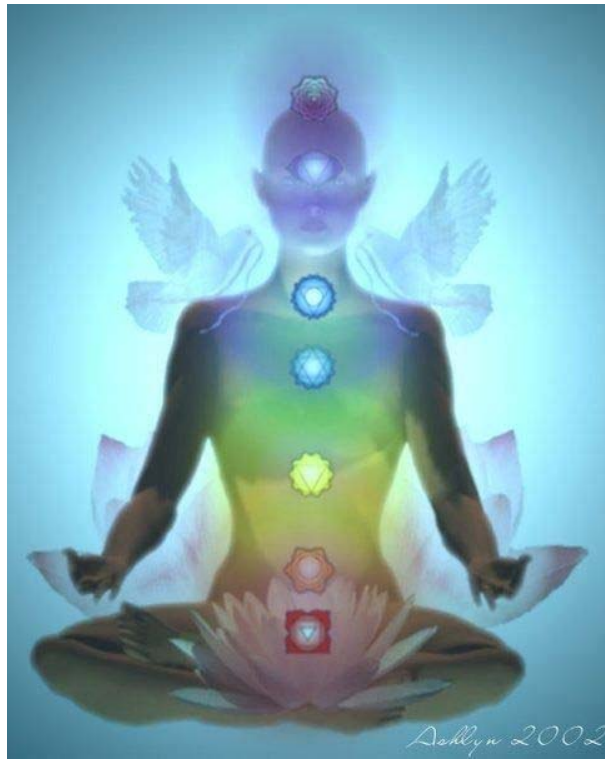
Crystals and Stones

- There are too many crystals and stones to list!
- Find a reputable dealer and ask what would be the best crystal or stone for your specific ailment.
- Can carry in your pocket, put in specific areas in your home, wear as jewelry.
- Worry stone.

Aromatherapy

- Incense or candles only if you have a safe environment to use these.
- Essential Oils.
- Soaps.

Meditation



Get Comfortable

- Find a place that is quiet and let people know not to bother you.
- Sit in a comfortable position.
- If you are lying down you will probably fall asleep.
- Relax your body as much as possible.
- Close your eyes.

Breathing

- In through the nose out through the mouth.
- In through the nose out through the nose.
- Concentrate on your breathe.
- Note the cool air in, warm air out.
- Make sure you are breathing deep and can feel it in your gut.

Call in your helpers.

- All Angels
 - Arch Angels, Guardian Angels.
- Spirit Guides
 - These are spirits surrounding you offering help.
- Ascended Masters
 - These are ancient Gods and people who have made a difference in the world.

Clear Your Chakras

Practice-Practice-Practice

- Try to meditate at the same time every day.
- 20 minutes at the most.
- Make time for yourself even if you can't do 20 minutes.

Further Information

- Reading
 - Music and the Mind by Anthony Storr
 - Archangels and Ascended Masters by Doreen Virtue
 - Spirit Guides Angel Guardians by Richard Webster
 - Blue Mind by Wallace J. Nichols
- Internet
 - Free Meditations at Fragrant Heart -
<http://www.fragrantheart.com/>