

WE TRY...

BI-AURA THERAPY

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Bi-aura therapy is relatively new to the UK and only arrived in London two years ago. It works by energy-sensitive therapists feeling the energy flow around the body and then manipulating it to restore balance.


My first session with bi-aura practitioner Dan Kahn started with a chat about my general health, lifestyle and emotional state. Then Kahn analysed the energy states in my chakras (energy centres) through 'deep scans'. This wasn't good news for me, as it seemed my chakras were either sluggish, 'mushy' or spinning round in the wrong direction (anti-clockwise). One was even totally blocked.

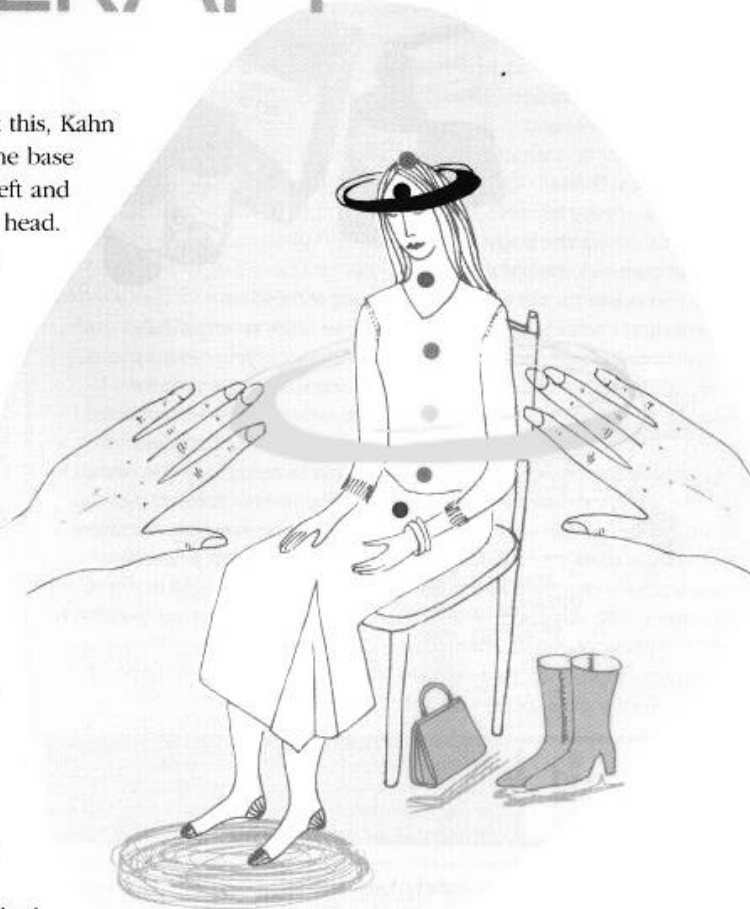
The only chakra that seemed in order was my root chakra, which is concerned with the home environment and feelings of security. Even so, Kahn picked up on my concerns for the future in this area, which is something I do occasionally worry about, though I rarely let it prey on my mind.

After analysing the state of my energy flow, he started on the detox process. This took the form of a series of fluid sweeping lyrical gestures around me, similar to Tai Chi. Kahn gathered the blockages of energy and pulled them away, banishing them with a brushing clap. I had been suffering from stress headaches, which are apparently caused by an energy

imbalance. To correct this, Kahn put a cool hand on the base of my neck and the left and then right side of my head.

During the session, apart from odd moments of feeling strangely light-headed, I didn't experience any other physical sensation. Movement of energy can cause different reactions when pockets of repression open up. Kahn has had clients bursting into tears, singing a tune, regressing to four years old and even tasting cheese during the therapy.

I left feeling as if I had been toasted in a golden warm blanket. By the end of the fourth session I felt more confident and found myself dwelling less on issues that had been occupying my mind. The final deep scan revealed that all seven of my chakras were spinning freely and in the right direction. I don't know what long-term emotional or physical effect this treatment will have on me, but, for now, I'm feeling confident, energised and calm. Long may it last. 



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ESSENTIAL INFORMATION

What is it? An advanced system of bio-energy that works by balancing the human bio-field to enable the body to self-heal.

What is it good for? Any ailment where the body can cure itself, for example: stress, depression, allergies, joint disorders, chronic fatigue, migraines, back pain, colitis.

How long does a session last? Initial consultation is one-and-a-half hours, followed by sessions lasting an hour. Four sessions are recommended, either taken intensively or spaced out over a month.

How much does it cost? Recommended national price is £35 a session. Due to London overheads, Dan Kahn charges £80

a session at his Harley Street clinic (£60 concessions) and £60 a session at his Wandsworth clinic (£50 concessions).

Where can I find out more? Call Dan Kahn on 07785 304 724. For national practitioner listings, contact the Bi-Aura Foundation on 01661 844 899 or go to www.bi-aura.com.