

an invitation to look within

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Most of us are still singing the same old song, devitalised by negative emotions and attitudes we've harbored over the years. Ancient memories, recent hurts, feelings of rejection, failure, fear, grief, lack and loss of love... The dis-empowering feelings and beliefs such happenings have engendered can prevent us from opening ourselves to joy, happiness and confidence. As knowledge and understanding increase, new and advanced modes of healing reveal themselves. These easy-to-learn techniques, not only facilitate healing of the past, they are equally effective at taking the sting out of the present and future conflicts.



Emotional Freedom Technique

EFT is a powerful **new method based on the discovery that emotional trauma contributes greatly to disease**. Scientific studies have shown that EFT is able to rapidly reduce the emotional impact of memories and incidents that trigger emotional distress. Once the distress is reduced, the body can often re-balance itself, and accelerate healing.

EFT is an emotional version of Chinese acupuncture, but instead of using needles, you gently tap on the traditional acupuncture points. EFT can help us heal with physical problems such as aches and pains, sore throats and stiff backs, and can help with phobias, weight loss, smoking, stress, anxiety, low self esteem, painful memories and any number of other problems. It's simple to learn and simple to use.

EFT works like this: The bad experience that we suffered in the past caused a disruption in the body's energy system, a bit like a short circuit in a piece of electrical equipment. It is this disruption that causes us to have an unwanted emotional or physical response.

During EFT we tap on some of the body's main acupuncture points, which has the effect of clearing the disruption in our energy system. We are then able to think about that same issue, but it no longer gives us the same response because the disruption is gone.



Emotional Transformation

Energy Healing Made Simple

by Nicola Quinn, EmoTrance Co-Developer

Quite simply EmoTrance is the easiest energy healing modality in the world today.

Once learned it is always there and because of its superb simplicity you can rely on it at a moment's notice. In fact the more you do it, the more spontaneously it occurs, you just become aware of energy moving through you.

Where do you feel that in your body?

Show me with your hands.

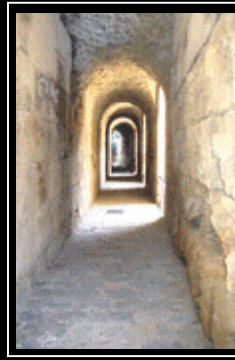
Soften and Flow.

It's only an energy!

And that is all you need to remember. What could be easier?

The simplicity of EmoTrance is superb.

For more detailed information and free downloads please go to <http://emotrance.com>



Self Healing through Journeys into the Inner World

These journeys happen in a very lucid and easily achieved state of deep relaxation.
Which opens a way to access the Unconscious.

The images that appear are engaged with and addressed in present tense. In this process, you can also work with any of the following aspects - e.g.

Inner Male - Inner Female
Inner Child - Inner Healer
Wise Man - Wise Woman
Inner Guardian

And acknowledge any imbalances in yourself. Any negative inner images, can be confronted, changed or erased, then new ones can emerge. Therefore...

Every Experience can be changed in retrospect

This transformation on the inner level can have a life changing effect. When you set your self free from negative thoughts and emotions, the way you experience the present and the way you see the future can be very different.