

Private Subconscious Healing

PSH is a breakthrough, a non-analytical, non-invasive therapy without any side effects. PSH is for you who would like to bring out your inner beauty and creativity. Now you can be free of your old patterns and unwanted habits and become a more natural and relaxed person. In brief I can only say PSH is a way towards a balanced and joyful life.

The reason why PSH is powerful is that you reach the resources and information within *your subconscious mind*, your conscious mind does not even need to be aware of the changes happening deep inside.

Goals of PSH

After PSH you will start to discover natural resources, abilities, creativity and joy which are already present within you, yet up to now have been hidden. Yes, hidden for previous good reasons. Maybe because you in your early childhood discovered that those resources were not appreciated. Maybe because of a trauma, or maybe just because you did not believe you had so much more.

Does PSH solve problems?

PSH aims at solving problems. Rather than only talking about the problems and learning how to cope with them or be aware of them, PSH will resolve the original subconscious cause of a presenting problem and eliminate permanently the symptoms. You achieve this yourself using PSH to re-activate your own natural inner process.

In Privacy

The difference between PSH and other approaches is that PSH is not an invasive method. The therapist does not need to know anything about the problem or its cause and neither do you. Also, the client does not need to relive past experiences nor have a catharsis in order to let go. Rather it is done privately, gently and quickly within the client's inner mind.

What is the subconscious?

The subconscious is not a separate part of you. It holds the inner or the feeling mind. It holds the life-record of our experiences and learnings, and it reaches into the depths of our creative, intuitive, and emotional levels of our mind. The subconscious also holds deep beliefs, conditionings and emotions which form the basis of our habitual actions, reactions and feelings both positive and negative.

What happens in a PSH session?

In PSH the therapist is guiding the client's deeper (and often unused) awareness into the part of the subconscious mind where *real change* can take place. It is important to understand that the wisdom, knowledge, intelligence and power to change lies solely inside themselves. It is these resources that are being reactivated and utilised.

How does it feel to receive PSH?

The client is always in control and will mostly hear what the therapist is saying. He/she usually experiences some degree of mental and physical relaxation similar to daydreaming or meditation. When the

client is in the relaxed state he/she does not talk or reveal any information outwardly.

How many sessions do you need?

Three sessions. During the first session you begin to experience how PSH works and the process of change starts. In the second session you continue reaching the deep underlying subconscious causes. In the third session you will make sure that you have reached and resolved what is important for you, effectively.

What changes might happen after PSH?

Some of the commonly reported changes that occur within the first days or weeks after taking PSH, are that you become more aware of thoughts and feelings, more honest and accepting, feel more self-respect and self-worth, more balanced and at ease inside, more playful and communicative and speak more from the heart. These initial changes work together, accumulate and become the basis for future greater changes. Some of the more important changes may happen later on and may at the time seem to come 'out of the blue', yet were not possible unless other changes took place first, prepared the way. Some changes are obvious, some subtle and some go completely unnoticed, developing beneath the surface of awareness and becoming obvious outwardly, a few months later.

Common comments are "I feel like I just woke up." ... "I just feel more myself." ... "An inner level of easiness and calm has permanently arisen within me and emotions just come and go upon it. I

identify with this calmness now instead of the emotions".

How do you know if PSH is for you?

If you just would like to become a more balanced and joyful person PSH is the right thing for you.

Also if you would like to discover more of your creativity, your abilities, talents and other areas of your life that you have previously ignored, or been unable to access, then PSH is the right thing for you.

As a result of PSH therapy you can find that the following symptoms may change:

- ✓ Smoking, overeating and other unwanted habits.
- ✓ Stress, memory and concentration problems, insomnia, depression, performance blocks (sexual, studying, sport) and other mentally related problems.
- ✓ Low self-esteem, lack of confidence, shyness, jealousy, guilt, grief, aggression or other emotionally related problems.
- ✓ And psychosomatic symptoms like migraine, eczema, indigestion, and muscle tension.

What ever you choose to do, enjoy the ride!

IMPORTANT In the case of illness, PSH is not intended to be a substitute for seeking medical advice from a medical doctor.