

DIY Therapy

Simple, Self-help Strategies



By

Helen Papadopoulos

(New Age Power™)

DIY THERAPY:

SIMPLE, SELF-HELP STRATEGIES

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www.newagepower.net

helen@newagepower.net

INTRODUCTION

ALL HEALING IS SELF-HEALING, however, this does not mean that you cannot (or should not) turn to others for help when needed. Genuine help involves receiving assistance to find your own truth or answers, which is more accessible without emotional pain and negative/limiting beliefs. Healing requires learning from these experiences, then moving on with life as a wiser, more evolved and powerful soul.

The focus in *DIY Therapy* is on transforming negative beliefs/thoughts into positive life lessons by discovering how to make sense of challenging experiences, personal issues etc. The emotional side of healing is dealt with in some detail in *DIY Therapy Chart: an Emotional Healing Guide*. There is also an explanation of the connection in healing between thoughts, emotions and the body in Part One of this book “Transformational Healing” as well as “Three Dimensional Healing” in *DIY Therapy Chart*.

This guidebook contains theories and techniques designed to foster self-healing. It is the result of what I have discovered over more than twenty years of personal development work, study and guiding others. This advice is not the be-all-and-end-all of healing but simply a reminder (and I still need reminding) that you are responsible for your own well-being. The information is structured in Nine Parts - Parts One and Two outline my understanding of healing; Parts Three to Six deal mostly with self-healing techniques as well as some theory; Parts Seven and Eight offer advice on when and how to get professional assistance, and Part Nine, describes the healing power of letting go.

The absence of a “Contents” page is deliberate on my part as I believe that you will get a better understanding of healing if you at first read the entire book. Then, note which parts resonate with you. There are a few questions on the last page for note taking which will assist you with this task. (Of course, this is an eBook and you can add a Contents page after you download the document - as the author and publisher, I give you permission.)

Happy Healing!

PART ONE**TRANSFORMATIONAL HEALING**

To transform: to change in form, nature or character; *electricity*: to change the magnitude of an alternating current.

To heal: to make or become healthy, *whole* or free of disease.

(Heinemann Australian Dictionary, 2nd Ed, 1978)

For those born and bred in the West, healing is usually about the body. Medical doctors verify this by focusing on your physical symptoms when you go to them for help. Some of them may ask about your psychological well-being, as they understand the connection between emotional and physical pain. The latter are on the right track.

Thoughts and emotions are not separate from your body simply because they are not tangible. What connects thoughts, emotions and the body is the nervous system which is electrical.¹ Your body could not function without the millions of electrical impulses that go to and from your brain all of the time even when asleep. You control some of these consciously - picking up a fork, combing your hair etc. Others are unconscious and usually beyond your control, such as your heart beat and digestion. However, even the unconscious electrical impulses can be influenced by your thoughts and emotions.

Transformational healing requires this *electricity*, the nervous system (or what I would call your essence or energy) to change - or *transform*.² This means that there needs to be a shift from a negative state of illness, or detrimental thinking and feelings, to a more positive state. Understanding and accepting the interdependence between the 'bad' and 'good' aspects of an experience, of yourself and life, is what makes you *whole* - this is

¹ The body is composed mostly of water which happens to be the best conductor of electricity.

² Energy/electricity can never be created or destroyed - only TRANSFORMED.

how you *heal*. In other words, painful life experiences, ‘mistakes’, personal hang-ups etc are inherently good as they have something to teach you about life.

The following example will illustrate this:

Sarah is raised to believe that she is worthless. The energy created by this thought has formed a certain nervous pathway in her body which goes straight to her stomach. When she has to do something that requires her to ‘prove’ herself she suffers from heartburn.³ She has some medical tests which are clear. Sarah refers to a meditation she learnt at a workshop which involves ‘asking’ the part of your body that is in pain what is causing it. During the meditation she saw the words “I am not good enough” and started crying. She recalled many instances in her childhood when both of her parents were severely critical of her. Sarah visualized confronting her parents and felt her emotions. Then, she created a positive image/symbol (a pink rose over her heart) that represented her worth. She transformed her negative state into a positive one by understanding that these painful experiences had something to teach her (i.e. she is worthy). She created a new nervous pathway which continues to develop every time she recalls her empowering image.⁴

Transformational healing is a lifelong process that is an integral part of human/spiritual evolution. In some cases, change can happen overnight because of some profound or traumatic event (e.g. a near-death experience or the disappearance of a loved one). Whatever the catalyst for change may be the results of these experiences are meant to enlighten and strengthen you - this is your reward.

Transformational Healing...

...is a CHOICE

...takes time

...is painful and joyous

...requires consistent effort

³ All physical problems do not have psychological causes. This information is intended to help a person find the causes of psychological stress which might be associated to physical pain.

⁴ The examples in small print throughout this book are hypothetical.

PART TWO**THE ALL-KNOWING SUBCONSCIOUS**

The following equation sums it up nicely:

$$\text{HEALING} = \text{EFFECTIVELY ACCESSING THE SUBCONSCIOUS (SC)}$$

The SC is that part of your essence that knows it ALL and is accessed via the right brain. It understands, and is influenced by, primarily, images, symbols, colors and feelings. In the example described in Part One, Sarah, has tapped into her SC during her meditation and used a certain image and color to transform negative experiences into positive ones.⁵ That is, the SC is the means by which **transformational healing** takes place. The SC also needs to work in tandem with the left brain or Conscious brain (C) - more on this below but first a description of the functions of each side of the brain.

The SC also has the following characteristics:

- Intuitive: emotional, creative, psychic (e.g. dreams and visions) - it represents the FEMININE aspect of the SELF.
- Lateral: can perceive all levels of reality simultaneously, the conscious, the spiritual and the cellular/body levels (i.e. the *whole* picture).
- Non-judgmental: sees things ‘as they are.’
- Survival: ensures all the systems and organs in your body are working to keep you alive. Also stores memories and emotions in the body.
- Behavioral: motivates 99% of your actions through stored memories and other information such as your beliefs and emotions.

⁵ For more on the role of the subconscious in therapy read “Emotional Healing” by Frank Wright (Inner World Publications, Kurrajong Heights, Australia, 1995).

The Conscious brain (C) has the following components:

- Linear: it understands and communicates in words (the language center is located here), logic and rational thought - it is the MASCULINE part of the SELF.
- Physical: it takes in information through your five physical senses - touch, sight, sound, smell and taste.
- Limited awareness: it can only take in between five and nine pieces of information at a time.
- Judgmental: it filters information from your environment and experiences by seeing events 'as you would like them to be' (i.e. it is aware of things that are consistent with your current belief system or what you are focused on. It also protects you from painful experiences until you are ready to deal with them).
- Behavioral: motivates only 1% of your behavior by responding to what you are consciously aware of at a certain point in time.

Both sides of the brain (or aspects of the SELF) are interdependent and need to remain so for optimum health on all levels (note that the root word for **healing** is the same as that for **health**). As the SC is the bridge between the C, the spiritual realms and the body it is the gateway to discovering what is causing your problems and how to resolve them. This can happen in two ways: firstly, the C can allow you to become aware of painful memories in order to heal, and, secondly, you can use various techniques to tap into the SC to get this awareness. In other words, the issues will arise spontaneously or you can make an effort to go in search of them.

The first point will be demonstrated by this example:

As a child, Joshua often heard his parents fighting. He avoided the pain of this by running to his room and playing with his train set. He became so focused on that task that he gradually began to 'tune-out' the yelling (i.e. his C was filtering out the painful memories from his awareness while the SC was taking it all in). At the age of twenty-five, during an argument with his current girlfriend, Joshua recalled many episodes from his childhood when his parents were arguing about the same issue - infidelity. He had blocked out all of those fights until that day. As he was now ready to deal with this pain, his C allowed him to access it from the SC in order to heal his relationship problems.

Accessing the SC in order to get to the cause of problems when you are unaware of what is going on requires techniques that allow the C to let down its guard for a while. Some of these methods include: meditation, dreams and writing (refer to Part Three pp. 11 to 14).

Once the cause of (or the reason for) an issue has been discovered then you need to replace the negative thought, emotion, memory etc with *positive* instructions or images as the SC cannot process negatives (don't, can't, not, no). (It makes sense that the aspect of you that is responsible for health can only comprehend affirmative input since the act of **transformational healing** involves finding the beneficial in the detrimental.) For example, if you are a woman who has ended a relationship and want to move on, avoid statements like "I don't want to think about my ex." Your SC will respond to "I want to think about my ex." It is more productive to say something like "Time for me to move on now" or "I'm going to introduce myself to the new guy at work" and then to visualize yourself with this man as the SC responds well to images.

Another example of an ineffective instruction for the SC is the phrase "Don't forget." It is better to say "Remember."

REMEMBER to use affirmative statements and images
when **TRANSFORMING** your negative thoughts, emotions
and experiences into **POSITIVE** ones.

PART THREE**THE THREE-POINT THERAPY TECHNIQUE (T3)™**

T3™ is a self-healing process that consists of three steps: **1/Cause, 2/Meaning** and **3/Release**. This method - particularly Point 2: Meaning - will help you experience **transformational healing** (this will be explained in that section). Points 1 and 2 may require the use of techniques that allow access to the SC (listed further on under the sub-heading ‘Accessing the SC’ p.11). There are also examples at the end of this Part that demonstrate how to use T3™ and the SC accessing techniques to resolve an issue.

Read all of Part Three before attempting to deal with a problem.

Trust your responses whilst working with this process.

POINT 1: CAUSE

Identifying the cause usually involves going back to your past (often childhood) to discover the problematic pattern of thinking, feelings, behaviors, events and so on which are connected to your current issue(s). However, a problem may arise due to a recent negative experience. For instance, if you have just come out of a bad relationship this may leave you with very negative beliefs about commitment even if past encounters have been positive. In a situation like this, skip straight to Point 2: Meaning.

Some questions to ask in order to determine the cause:

- How many times have I felt like this before? How did I react back then?
- Have I had similar experiences in the past? How did I feel?
- Who else has done this to me? What did I do?
- Is there something familiar about these incidences/thoughts/feelings?
- When did I start thinking/feeling/behaving like this?

POINT 2: MEANING

This is THE most important of the Three Points as the meaning of a problem/issue is what allows you to make sense of your experience. This can be determined by discovering the *lesson* or *purpose* of an issue. It is here where **transformational healing** may occur - finding meaning permits you to see a negative occurrence as a positive.

Searching for meaning often involves learning new things about yourself and life in general. Learning also creates new pathways in the brain which creates new perceptions and behaviors. If you had similar experiences in the past then the overall meaning/lesson of these events must be discovered. For instance, if in high school you were manipulated in order to fit in and this continued into your adult life. Your lesson(s) may be to become more assertive or a better judge of character or both. An example which does not involve a past cause would be the aforementioned individual who is now commitment-phobic - the lesson may be for her to become more discerning about the men she is dating.

Some questions you may ask to determine meaning:

- What is the purpose of the experience(s)?
- How can I learn from it?
- What is significant about this event for me?
- What can I do differently next time?
- How can I see this more positively?

POINT 3: RELEASE

This Point usually involves some sort of ritual to let go of an issue and anyone connected to it. In other words, it is about releasing the negative or anything that is no longer working. Loss, which is often accompanied by grief, is the main experience here (Part Four p. 17). Non-death related losses involve pain that requires release. For example, if you are getting a divorce it is the 'death' of not only a relationship but a whole way of life. If you have children this will further complicate and intensify that pain.

Rituals to mark the transition of such major life losses or changes are helpful in allowing you to move on even though the emotions involved will take time to heal.

The following is a list of possible rituals (you may also create your own):

- Write a letter to the person or ‘thing’⁶ that you want to release and then burn it. Be brutally honest here - swear, express any rage or hatred. At the end be grateful (if you can) to the person/thing for teaching you a valuable life lesson.
- Include this letter in a ritual where you light a candle and say a prayer.
- Light a candle and voice whatever you want to release.
- Burn or bury items that remind you of (or are from) the person, place or thing that you want to let go.
- Go to any place that is sacred for you (church, temple, mosque, ocean, mountain, tree) and say a prayer or read a piece of writing that has meaning for you.

At any Point emotions may surface in relation to certain incidences. Some examples: being teased in childhood (Cause); discovering that your boyfriend is cheating and realizing you deserve better (Meaning), or when a long-term partnership ends with someone you once trusted with your life (Release). Refer to pp. 19 and 20 for help with processing emotions.

Accessing the SC

If reflecting on the questions in Points 1 and 2 is not enough to get answers, then you need to access the SC before asking those questions (or similar questions). Below is a list of six methods that allow you to do this - they are also stress-relieving techniques.

- **Meditation**

In Part Five (p. 22), I will go into greater detail about meditation and outline different types that you can use. For now it is important to know that as long as you are relaxed and focused you are meditating and that this will help you access the SC. Here are some simple ways to meditate:

⁶ The ‘thing’ may be an aspect of your personality (e.g. stubbornness or impatience) or a part of your life (e.g. your job, a bad habit, your childhood, a certain experience etc).

- Sit on grass or under a tree and look into the distance.
- Sit quietly in a room that you like and focus on an object that gives you joy or a sense of peace (e.g. a picture or figurine of an angel, flowers or a color).
- Repeat the word “Peace” or “Calm” as you do one of the above.
- Visualize yourself in white light until you are at peace.
- Pray in any way that suits you.

- **Ask Your Body**

This involves asking the part of your body that is in pain why it is hurting and what it needs to become pain free. It requires that you be in a meditative state - put your hand(s) on the area that is in pain or focus your attention on it, close your eyes, take a few deep breaths and ask a question (e.g. What do you need to heal? or What are you trying to teach me?).

I have used this technique many times - the following are a few examples: for a recurring pain in my heart related to various betrayals by others - I was holding onto it as a form of self-protection...every time I needed to trust someone the pain would surface so I kept reminding myself that it was no longer necessary (i.e. I am now more discerning); for a sharp pain in my left eye which only happened once but I do not recall the lesson for this; for a recurring case of tinea on my right foot caused by frustration with my life (i.e. the time it took for things to manifest)...patience was the lesson here.

- **Frontal-Occipital Holding**

This scientific term sounds daunting but it is actually quite simple. The technique involves holding your head with both hands - one on your forehead (the brain’s Frontal lobe) and the other on the back of your head where the skull protrudes slightly (the Occipital lobe). This helps circulate blood to the brain which is relaxing/meditative - this allows better access to the SC.

The Occipital lobe is where much of your past memories are stored. The Frontal lobe is where new insights, creativity and the higher thinking faculties are located. The aim of this exercise is to bring the past problematic issue to the fore and then to get the higher faculties to transform that negativity into something positive. Wait until you are relaxed before asking the questions. Pay attention to the words, feelings and images that come to you. Your hands may tire easily with this method so if possible get someone else to do it for you.

- **Dreams**

Analyzing your dreams is a great way to find out about the cause of your problems and how to resolve them. This can be tricky, however, as you may not recall your dreams or understand their symbolism. Other people's interpretations may also not be relevant for you.

'Programming' the SC to help you with specific issues is possible. When you go to bed ask the SC (i.e. your intuition or a Higher Power) to give you the answers in a literal, easily understood way which will be effortlessly recalled by you in the morning.

- **Writing**

Keeping a journal (which also includes your dream interpretations) is the best way to deal with psychological issues before they become major. When you freely (without stopping to edit anything) let out all the negativity on paper the positive aspect(s) of the situation (or insight from the SC) will naturally come to the surface as there will not be anything left to cloud your perception.

The other way to use writing is to answer specific questions that you may have about an issue - like the ones listed in Points 1 and 2. This leaves you with a permanent record of how you dealt with it that can be accessed when needed.

- **Divinatory Tools**

Tarot and Angel cards, Runes, the I Ching are all divinatory tools - that is, they help you access the Divine, the Mystical and Spiritual. This also means that they are tapping into the SC which is the gateway to those realms. These materials are very accurate in showing what is going on in your SC at a certain point in time and also what to do about it. It is not about predicting the future as it changes when you transform your perceptions.

An accurate way to access the SC is to use your left hand to pick a card while your right hand is behind your back. The left side of the body is controlled by the right side of the brain - where the SC is located. Another way to do this is to look at your left palm while your right hand is behind your back and ask one of the questions (e.g. How can I learn from this?) then look down at the cards spread out on a flat surface - the first one you see provides the answer to your question. You can keep using this technique to answer each of the questions you have about an issue. Write down the responses and your thoughts on them. Refer to them when you need to.

Remember to follow through with the insights you gain while using these techniques. There will be times in your life when the same/similar issues will arise. How you deal with these situations will be a measure of the extent to which you have healed. For example, if you need to continue to set boundaries do so even if it is uncomfortable for a very long time. Eventually, it will become an automatic response when needed.

Examples of how to use T3™

Point 1 cannot be used on its own as the information here is always negative. The other two can be referred to individually. There are six possible combinations of these Points which the scenarios below will demonstrate.

1/ Points 1, 2 & 3

Issue: John was being bullied by his boss who took credit for his ideas.

Cause: John used Frontal-Occipital holding and asked “Have I had similar experiences in the past?” He recalled being bullied at school by older children who used to take his homework and submit it as their own.

Meaning: He realized that the purpose of this was to find the courage to speak out, to stand up for his rights.

Release: He wrote letters to his boss and to each of the boys who bullied him in childhood. He burnt them all. The next day he filed a complaint at work.

2/ Points 1 & 2

Issue: Anna could not refuse anyone anything.

Cause: Anna reflected on the times she had done this before. In most instances her behavior was related to her family. They made her feel guilty if she did not do what they wanted. She also felt guilty if she refused the demands of anyone else in her life. To avoid this painful emotion she continued to do what others wanted.

Meaning: She asked for help from her dreams via the SC wanting to know how she could change her behavior. In her dream she saw these words “Guilt is a man-made concept created to make people conform. Stop living this illusion.” Initially, saying “no” made her uncomfortable but in time this feeling was replaced with a sense of relief.

3/ Point 2 only

Issue: The men in Julia’s life rejected and ignored her. She knew that this pattern started in her childhood when her father treated her mother the same way.

Meaning: She sat under a tree and meditated. She asked “What is this supposed to teach me?” The answer: she has value whether or not a man (or anyone) acknowledges her. Julia visualizes herself feeling good on her own in various situations like when she is painting or watching her favorite TV shows. She focuses on how positive she feels and recalls this when she lacks self-esteem.

4/ Points 1 & 3

Issue: David had a history of dating very controlling women.

Cause: He started keeping a journal and writing about all of his past experiences with women. One day he asked “When did I first experience being with a controlling woman?” and instantly saw his mother’s face. She was very overprotective of him in childhood. He wrote down as many of these memories as he could recall and the way he felt which was often fearful. That is, he believed that if he did not listen to her something awful would happen.

Release: David wrote a letter to his mother explaining how her behavior had negatively impacted upon his life. When he burnt it, he repeated the words “I am free.” Later he penned a poem with that title and kept it in his wallet. He read it when he needed to.

5/ Points 2 & 3

Issue: Belinda’s friend and coworker had been stealing from their employer. She did not know what to do as she valued both her friend and her boss.

Meaning: She decided to ask her Angel cards what this meant for her and got the word ‘Integrity.’ She confronted her friend who refused to stop thieving. Then she went to her employer and told him the truth.

Release: Belinda no longer had her friend but missed her terribly. She often went to the beach and read ‘The Serenity Prayer’ as this gave her the strength to let go.

6/ Point 3 only

Issue: Anthony’s best friend decided to no longer be his friend. He was upset about it but did not want to go searching for reasons - he simply wanted to move on.

Release: He did the following:

- Anthony wrote a letter expressing his feelings and kept reading it until he no longer needed to. Then he burnt it.
- He burnt, threw or gave away items that were gifts from his friend.
- He gave himself the space to feel his emotions when he needed to.

PART FOUR

GOOD GRIEF (My theory of grief)

Grief is your natural response to a *loss*.

Loss is any major life *change* that is perceived as negative (i.e. painful) by you.

Change is a difference in your external or physical circumstances (i.e. home, work, relationships).

You will not be sad about every loss in life - grief is felt when the person or thing that is absent has great meaning for you (i.e. it was a significant part of yourself and/or your life). This is always accompanied by a feeling of devastation even when you know the change will ultimately make your life better (e.g. the end of a relationship where each party no longer feel love for one another - they will grieve for the way things were as well as what might have been if they still loved one another).

The death or disappearance of a loved one is the most common source of grief, however, life is full of changes that result in loss - here are some examples:

- career transition
- loss of abilities (physical, intellectual) due to an accident, illness etc
- financial losses (bankruptcy, unemployment)
- unfulfilled goals, expectations and life experiences (unmarried, childless etc)
- involuntary change of self-definition or identity (e.g. if you were an athlete who could no longer compete due to an injury - your identity as an athlete is lost)

My theory of grief is based on **self-transformation**. That is, grief creates a difference *within* you - the formation of new beliefs and behaviors as the result of turning a negative change into a positive. This does not mean that you forget who/what is lost or that your pain becomes less poignant - it requires you to make sense of the loss in order to move on with life. To take the aforementioned example of the couple who is separating, it may be important for them to 'find themselves' since they were together from a very young age. This kind of **self-transformation** is the natural outcome of **transformational healing**.

There are three principles that constitute my theory.

- Your response to loss is unique.
- The need to find meaning in your experience of loss (**self-transformation** occurs here).
- The importance of the holistic approach in understanding and coping with loss.

Uniqueness of response

The uniqueness of your response to loss is implicit in the other two theoretical principles. In other words, you cope in your own way. To demonstrate the importance of this belief, I will refer to my response to a woman's very original reaction to loss.

An acquaintance of mine giggled throughout the funeral service of one of her relatives. Most people present believed that she was acting inappropriately by referring to her as either 'abnormal' or saying that she was doing it for attention. Later, a few of her relatives asked for my opinion of her behavior expecting me to label it as pathological because of my psychological training, however, my response was, "It is her way of dealing with it and there is nothing wrong with that." Laughter relieves psychological pain in a different way to tears. The former is uplifting, the latter sedating - both help a person cope.

Meaning, lesson or purpose in loss

The second principle involves that you find some meaning (i.e. a *lesson* or *purpose*) in your experience of loss. This is identical to Point 2 of the Three-point Therapy Technique-T3™. In other words, making sense of your loss, how you (or your life) are now different from before is the essence of **self-transformation**. Here you can find the positive in such a painful experience even though this may take time. In relation to the death of a loved one, a positive outcome might be to help find a cure for the disease that caused his/her death. The scenario below illustrates finding meaning by way of a *lesson*:

Ari recently separated from his wife. He started seeing a therapist who made him realize that he had been overly dependent on his ex. His therapist asked how he had been coping on his own for the past three months and he replied, "Just fine." She also questioned Ari in relation to what he had discovered about himself during this time and he said, "I can take care of myself. I don't need a woman to take care of me."

Ari's experience of **self-transformation** is a *lesson* in independence or self-sufficiency.

An example of a loss that is indicative of a *purpose(s)* is the following:

Anthony's best friend John moved overseas for work. As he really did not have any other friends due to his shyness he was put in a position where he had to go out and find other companions. One of his new friends had a sister whom eventually became his wife. Even though Anthony missed John everyday he realized that he never would have met his wife if he had not moved away. The purpose of this loss allowed him to move on with life.

Anthony's experience of **self-transformation** is two-fold: firstly, he had to overcome his shyness to meet new people, and secondly, he became a husband.

The holistic approach to understanding and coping with loss

The third principle of my theory involves applying the holistic approach to your response to loss. That is, how you are *uniquely* affected on many different levels when living through a loss.

Symptoms (including processing emotions)

Grief is much more than sadness - it encompasses a range of emotions as well as other symptoms which are categorized below. It is not my intention however, that you interpret the following as a checklist of criteria or stages that you are supposed to undergo in order to 'heal.' You will not encounter all of these symptoms, some to a greater extent than others and they do not occur in any particular order or time frame. I will also list aromatherapy oils which may help you cope.

Mental

Shock (including disbelief and numbness): peppermint, arnica

Confusion/poor concentration: lemon, basil, rosemary

Emotional

Sadness/sorrow: rose, chamomile

Anger: chamomile, rose, ylang ylang

Guilt: geranium, sandalwood, neroli

Fear: sandalwood, frankincense, lavender

Anxiety: bergamot, geranium, lavender, basil

Physical

Fatigue: peppermint, basil, lemongrass

Insomnia: lavender, chamomile, geranium

Loss of appetite, indigestion, heartburn: peppermint, lavender, chamomile

Headaches: lavender

Behavioral

Isolation, withdrawal: jasmine, frankincense, sandalwood

Bach flower essences are also effective at alleviating negative emotional states. The Rescue Remedy helps with mild to extreme anxiety/fear. The Star of Bethlehem remedy is specifically for grief. White Chestnut with the Rescue Remedy is good for insomnia. Health food stores stock these drops (refer to the book list on p. 21 for more information).

Emotions related to grief may be experienced at other times when there is no loss (e.g. anxiety before an exam or a performance, anger at someone who has mistreated you etc). Feelings need EXPRESSION. Your forms of expression are unique to you. The techniques mentioned so far are helpful when processing emotions as is listening to music, watching movies, reading inspirational material, talking to a trusted friend or relative and using your creative outlets (i.e. writing, painting, drawing, dancing, singing, music etc). If you find it difficult to feel your feelings seek professional help (p. 27).

Severe panic attacks can also be a symptom of grief. Sometimes they feel like a heart attack: chest pain, difficulty breathing, numbness or tingling of the left arm. The Rescue Remedy is very effective as well as a breathing technique where you take in a deep breath and exhale slowly counting backwards from five. If necessary, seek medical advice.

External factors

There are also external factors which can influence when and how you might grieve. Some of these are: time, personal space and finances. For example, a woman who had nursed her dying partner needed to stop working after the funeral in order to grieve. The only way she could afford to do this was by receiving welfare payments. Others may delay grieving because they have children to raise, a mortgage to pay off etc.

Even if your circumstances are favorable you will not necessarily grieve immediately after a loss if you do not have the inner resources to do it. An example of this is the way one of my relatives responded to her father's death. She was very close to him and was so devastated by this that she could not look at his corpse. Many of her relatives were trying to force her to look at him until her mother and I told everyone to leave her alone as she was not ready to deal with it.

Grief in relation to a particular event may occur many years later after being triggered by a current loss. The following scenario will illustrate this:

Sally's mother died when she was seven. She was told not to cry and to get on with life, which she did. When her Labrador died twenty years later, she was flooded with memories and feelings of her mother's death to such an extent that she had to stop working for six months in order to heal.

Grief does not necessarily go away after a certain amount of time. You may continue to miss whomever or whatever you have lost. However, you will move on when you allow yourself to feel the emotions and come to understand how the loss has enabled you to experience **self-transformation** in one or more areas of your life.

Book List

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Deborah Nixon, **Practical Aromatherapy**, Lansdowne Publishing, Sydney, 1995.

Edward Bach, **The Twelve Healers and Other Remedies**, C.W. Company, Essex, 1933.

F.J. Wheeler, **The Bach Remedies Repertory**, C.W. Company, Essex, 1952.

PART FIVE

MEDITATION MEDLEY

Meditation involves calming your mind. The mind includes the conscious (C) and the subconscious (SC) parts of your brain. Meditations can allow access to the SC where the insight gained from there is brought to conscious awareness to help you deal with issues in your life (as outlined in Part Three). In this section, the meditations will assist with healing by releasing emotions as well as simply helping you to relax.

Conditions of Effective Meditation⁷

- A suitable environment: create a quiet, private, comfortable space.
- An appropriate time: choose a time when you will not be disturbed.
- Avoid judgment: of the thoughts and feelings that arise, the way that you are meditating etc.
- Keep it simple: this makes it easier to do and to recall later on.

Grounding Techniques

These help you stay “in your body” as mentally or psychically wandering off is possible during meditations where your eyes remain closed.

Before you begin:

Place your right hand on your heart and keep it there until the end of the meditation, or, imagine roots growing from underneath your feet and going all the way to the center of the earth (which I usually imagine as a white ball of light).

After the meditation:

Drink two glasses of water or a cup of something hot. You can also rub your body with your hands especially the face, torso and legs.

⁷ Brahma Kumaris Retreat, Melbourne, Australia, April 1st 2000.

Physical Meditations

The grounding techniques for these meditations are optional.

Dancing

Put some music on that uplifts you. If you feel the need to play music that brings up certain emotions (e.g. anger, sadness) then do so - express your emotions (cry or scream or laugh) if you need to.

Other Physical Activities

Walking, running, riding a bike and sporting activities are physical exercises that release tension and relax the mind.

Breathing Meditations

Conscious Breathing

This involves monitoring your breath. Sit comfortably with your hands on your lap, eyes closed. Breathe in through your nose all the way into your abdomen before exhaling slowly via your mouth.

Physical Pain

Sit or lie down in a comfortable position. Focus your attention on where the pain is and breathe deeply into that area. If closing your eyes helps you concentrate, then do so. Feel any emotions that arise and let them go.

Visualizations

These are a type of meditation which involve images, colors etc so they are like creating your own mini-movie. Taping them and listening to the recording as you follow the instructions will make the exercises easier to do. Make sure you allow enough time (approximately 10-20 seconds) between instructions.

Heavenly Haven

Close your eyes and imagine yourself at a beach (or another heavenly or peaceful place). Take a few deep breaths and then see yourself walking along the beach. Become aware of your feet, feel the sand between your toes its grainy texture and warmth. Watch the sparkling turquoise colored water. Smell the salty air. The sound of the waves relaxes you even more (change these instructions depending on the setting, e.g. a forest would include moist soil, tall trees, crisp fresh air etc). Feel the calmness and take this with you as you open your eyes.

Dolphin Dance

Put on a recording of dolphin sounds. Imagine yourself swimming with the dolphins. Feel the warm water on your body and the smooth skin of the animal. Picture the creature being playful, nudging you and swimming in time with you. Feel the sun on your face and the joy in your heart as you play with the dolphin. Recall this whenever you need to feel calm or happy.

The Heart of the Matter

This brings you back to what your heart truly desires when confused, scared and in doubt. Picture a red ball of light in the center of the earth with a beam of that light coming up through your feet filling the lower half of your body until it reaches your heart. Then see a white beam of light from the sky going into your head spreading through the top half of your body until it merges with the red light in your heart. Imagine the red and white lights mixing to form a pink light. Watch that pink light move across your chest and then flow to every other part of you. Stay with this image until you are at peace.

PART SIX

DIY THERAPY KIT

The following suggestions will help you create an accessible self-help resource (i.e. a DIY Therapy Kit) that is suited to your own needs and wants. Store all of the material mentioned below in a basket, box or case as this makes it easy to take with you when traveling, moving etc.

DIY Therapy Notebook

Purchase a notebook to record the type of information listed below. Before you begin number the pages but leave the first one blank for the ‘Table of Contents.’ Then, categorize the information by the following headings/sub-headings:

Favorite Stress Relieving Techniques

This can include your best relaxation methods, physical exercises, remedies, hobbies etc. You can create sub-headings for these techniques and products, such as, ‘Meditations,’ ‘Natural Remedies’ and so on. My various lists include the following: writing, walks in nature, reading inspirational material, taking the Rescue Remedy, meditations involving the ocean and repeating the mantra “This too shall pass.”

Preferred Therapists and Practitioners

Here you can include doctors and medical specialists as well as psychological therapists and alternative healers. My list is a mixed bag - medical doctor, kinesiologist, spiritual/energy healers and counselor, including all of their contact details. Over time you will add and subtract from this list as your therapeutic requirements change.

Other Useful Self-help Resources

These resources include a range of things such as websites, self-help/support groups and organizations. They are useful if you want or need some other specific type of assistance (e.g. for an addiction, a medical condition or immediate (phone) counseling). These can

be found in the phonebook but creating your own list makes them much easier to access when needed.

Literature

If your most important self-help/New Age/Holistic/inspirational books and magazines do not fit in your Kit then find a place to keep them that is easy to access (e.g. in one section of your bookshelf or a corner of your desk). You may want to photocopy some pertinent pages and keep them in a folder in your Kit. My stack of publications includes aromatherapy books, a divinatory book and some Holistic magazines.⁸

DIY Divinatory Cards

Make your own cards using words or phrases that will help you decide what to do in a difficult situation. This is not about delving deeply into issues but rather a way to quickly clear up confusion. Buy a pack of visiting cards or cardboard pieces. You may use colored paper and writing material. Get creative and draw on the cards or use other decorations like glitter and stickers. My deck consists of over twenty words/phrases including - YES, NO, BEWARE, TRUST YOURSELF, WAIT and ADVANCE. As you shuffle your cards ask: “What is needed right now?” or “Is this a good idea?”

You may also create a deck of inspirational quotes created by yourself or others. Choose one when you are feeling down or to motivate you at the beginning of the day.

Some examples: “Be yourself. Everyone else is already taken.” (Oscar Wilde)

“The Power is not in you - IT IS YOU.” (Helen Papadopoulos)

“If everyone approves of what you are doing, I urge you to reconsider what you are doing.” (Saint Germain)

“Imagination is more important than knowledge.” (Albert Einstein)

Use the left hand technique described in ‘Divinatory Tools’ (p. 14) to choose a card.

⁸ The divinatory book is called “The Oracle Within” by Dick Sutpen (Pocket Books, New York, 1991). Some other useful self-help books are: “The Body is the Barometer of the Soul” by Annette Noontil (McPhearson’s Printing Group, Melbourne, 1994) and “Acupressure for Health” by Jacqueline Young (Harper Collins, London, 1994).

PART SEVEN**TIME TO ASK FOR PROFESSIONAL HELP****KNOW YOUR LIMITS**

Even though all healing is ultimately self-healing, there will be times in life when you may not be able to do it alone. If you are enduring long-term symptoms that are affecting your well-being (e.g. depression, mood swings, panic attacks, fatigue, insomnia for more than three months) then it is time to get help.

If there is no life crisis or stress causing these symptoms it is wise to have some tests to rule out any medical issues. For instance, a sluggish thyroid will cause depression and fatigue; a lack of iron and/or B-group vitamins can cause tiredness and poor concentration. If there are health issues and Western medicine is unable to help, try some of the alternative methods (e.g. Herbal medicine, Acupuncture, Kinesiology).

The absence of physical problems *implies* that the cause(s) is psychological even if at first you do not know what it is. Initially you may turn to family and friends for support, or try any self-healing techniques that you know. If this is not enough, then it is time to get therapy.

Before I begin explaining how to go about getting professional assistance, I will discuss Post-Traumatic Stress Disorder (PTSD) as it is often a cause of emotional distress that many are unaware of.

PTSD usually encompasses all of the symptoms mentioned above (including the ones outlined in Part Four - Good Grief). It is the result of overwhelming stress after a trauma such as: the death of a loved one, an accident, a natural disaster, a robbery, abuse of any kind, war time experiences ...you can probably think of - or have lived through - other types of trauma.

The effects of PTSD can be immediate or a delayed response by days, weeks, months or years depending on how psychologically prepared you are to deal with it. The most common occurrence of a delayed response is when people start recalling memories of abuse from childhood. This is a classic example of the subconscious (SC) storing memories that the conscious (C) part of the brain will permit awareness of only when it is appropriate for that individual.

The symptoms are very intense and in some cases may interfere with your life to such an extent that you cannot function like you used to. Nightmares and flashbacks of past traumatic events are common and can be very debilitating as they involve reliving a trauma over and over - if they continue for more than a month YOU MUST GET PROFESSIONAL HELP.⁹

Finding a Therapist

- Ask your family, friends or doctor for a referral.
- Look in the phonebook, newspapers or other relevant publications (New Age, Psychology and so on).
- Research the internet.
- Visit your local community/health center or free clinic.

Criteria for Choosing a Therapist/Practitioner

Compassion: A caring person who is non-judgmental and a good listener.

Qualifications: The therapist/practitioner needs to be appropriately trained in the area of his/her specialty.

Integrity: S/he needs to be honest about his/her limitations. If s/he lacks the expertise or qualifications to help you with your specific problem(s), or when going through some personal crisis, referral to another professional is necessary.

⁹ For more detailed information on PTSD read “Post-Traumatic Stress Disorder for Dummies” by Mark Goulston, MD (Wiley Publishing Inc, New Jersey, 2008).

Categories of Therapy

Western Medicine

General medicine (regular doctors)
Medical specialties (cardiology, gynecology)
Surgery
Psychiatry
Pharmaceuticals

Physical Therapies

Physiotherapy	Acupuncture
Chiropractics	Bowen therapy
Osteopathy	Shiatsu
Massage	Naturopathy
Kinesiology	Homeopathy
Reflexology	Herbal medicine

Psychological Therapies

Psychology (Behavioral, Cognitive, Freudian, Jungian etc)
Counseling (including the Holistic variety)
Psychosomatics
Hypnosis

Spiritual or Energy Therapies

Reiki
Spiritual healing
Faith or Hands-on healing
Theta healing
Absent or distant healings

Research any unfamiliar therapies mentioned above on the internet, your local library or bookstores. There are also many modalities that are not mentioned here and practitioners who use a variety of methods. Even if a therapist is qualified in using a modality from each of the categories (e.g. a psychiatrist who uses kinesiology, hypnosis and hands-on-healing¹⁰) this does not mean that s/he can help you - this will be discussed in Part Eight, page 32.

When you experience healings there will inevitably be a whole range of emotions and/or memories that surface. Even if this is what takes you to a therapist to begin with, there will be more as this is the nature of the healing process. The physical therapies can also bring up emotions as much is stored in the body.

A Holistic Therapeutic Regimen

Below is a description of my Holistic Therapeutic Regimen - that is, the various practitioners and therapists I consult in order to maintain my health on all levels. If the following seems right for you then it is a solid foundation from which to build a holistic health plan. It is my opinion that a good diet, exercise, adequate rest and fresh air are inadequate to maintain health if you are consistently experiencing vast amounts of stress. For instance, even though exercise is a good way to relax it will be ineffective if you are having too many panic attacks or nightmares because at some point you will need to rest. The nightmares will disturb your sleep patterns. The emotional stress of anxiety will affect your digestion so that you are not properly absorbing nutrients. This can lead to malnutrition even though your diet is varied and healthy. Anxiety also restricts the way you breathe so that you are not getting all the oxygen needed for optimum health.

My intention is not to recommend one therapy over another - my choice of modalities and practitioners has changed over the years and will continue to do so as I evolve. You will need to decide what works best for you at any given point in time.

¹⁰ This may seem unlikely. Read “Chronicles of Light” referred to in the book list on the next page - it is written by a medical doctor who performs hands-on-healing.

Medical doctor

The focus of Western medicine is to diagnose illness and treat symptoms (even though I do believe that this is important it is not enough to maintain health). As much as I may love natural remedies they do not always work so I will turn to pharmaceuticals such as antibiotics as well as having regular check-ups and specialized tests when necessary (e.g. ultrasounds, x-rays etc).

Kinesiologist

I will see this practitioner when certain physical problems cannot be dealt with by Western medicine. For example, after discovering that I have uterine fibroids the doctor advised against surgery unless they were causing pain. The MD also mentioned that they would grow and at some point would need removal. In an effort to avoid an operation, I went to my kinesiologist who was able to ‘shrink’ the fibroids and help to get my uterus back to its normal size as it was slightly enlarged.

Counselor

A visit to the counselor is rare as the self-healing techniques outlined in this book are primarily what I use to deal with psychological issues. Talking to family and friends is also helpful.

Spiritual healer (or other energy worker)

This type of healing is what I receive most often - three to four times a year. It is my opinion that energy work clears away toxins on all levels of my being and prevents any major future health issues.

For more information on energy therapies consult the books listed below.

Barbara Ann Brennan, **Hands of Light**, Bantam Books, New York, 1988.

Mary Coddington, **Seekers of the Healing Energy**, Healing Arts Press, Rochester (U.S.A.), 1978.

Earl M. Simmons, **Chronicles of Light**, Blue Pearl Press, San Diego, 1998.

PART EIGHT

TEN REASONS WHY THERAPY MAY BE INEFFECTIVE

This Part may be somewhat of an eye opener for many who assume that hiring a professional to help you will always work. After all, they have done so much study and training, and often have many years of experience. However, there are many reasons as to why therapy may be ineffective some of them involving the client and others the healer/therapist/practitioner (all interchangeable terms in this section which will cover both mainstream and alternative therapies). The following is not an exhaustive list but it will give you an idea of what can go wrong. Some of these reasons will also apply to self-healing methods (e.g. client needs a different modality or is not ready to heal) and there will sometimes be an overlap between the two categories (therapist and client).

For clarity and consistency the client will be you, the reader, and the healer will be referred to in the feminine gender.

Reasons relating to the therapist

It is important to remember that your therapist is human, which makes her prone to errors, 'bad days,' personality issues and so on. Even though you are paying for her services you do not need to take every bit of advice (or none of it for that matter) if it does not seem right. If things get very uncomfortable do one or more of the following: stop seeing her, ask for a refund, confront her or file a formal complaint with the relevant organization, agency or department that monitors practitioners in her profession.

Remember that ALL HEALING IS SELF-HEALING: the therapist is there to guide or facilitate your healing. There really is nothing more that she can do.

1/ Therapist is unethical

Short of the obvious breach of ethics (sexual, physical, emotional or verbal abuse; breach of confidentiality) there are other types of unethical behavior. A healer may ask you for help with her problems - remind her that she is the one being paid to provide this service.

The healer may blame you for not improving in therapy when the problem could be her lack of talent, skills or experience as a professional. If the healer is greedy, or unaware of her shortcomings, she may want you to keep returning for sessions when there is nothing else that she can do.

2/ Therapist is tired/stressed/sick

When the healer is feeling this way she cannot fully participate in the therapeutic process, which means that you are not getting what you are paying for. She should reschedule the appointment as this sort of thing is usually a one-of or short-term occurrence.

3/ Therapist is experiencing a personal crisis

This is similar to the previous point except that it involves a long-term problem. Usually, the practitioner will refer you on. However, she may have a difficult time admitting she has a problem in which case, it is up to you to notice if she is not performing as usual (e.g. Has she been repeatedly late for appointments, distracted and/or moody?).

4/ Therapist is not ready to heal

It could be that the healer does not yet have enough training or experience. Or it could be that she has not dealt with some major life issues that keep coming up in therapy through her client/you. She may then project her own issues onto you in an effort to heal herself. This can be difficult to know unless she discloses this information directly or by constantly talking about her 'stuff.' If you are uncomfortable and find that your own problem is not being resolved, it is time to move on.

5/ Therapist may assume her methods are universal

Regardless of the success that a practitioner has with the modalities she uses, this does not mean that these will work for you. She may, deliberately or inadvertently, claim that there is something ‘wrong’ with you for not responding as expected to her methods. There are many reasons as to why you may not be responding (more on this below). In an attempt to protect her reputation and livelihood, it may be easier for her to blame you.

Reasons relating to the client

Here you need to understand and accept the responsibility involved with your own healing. When you are physically and/or psychologically unwell it can be difficult to make clear judgments but you will improve with time.

Once again remember that **ALL HEALING IS SELF-HEALING:**
you will decide whether or not a modality or therapist is effective
based on your experience and intuition.

1/ Client is not ready to heal

Even though you have made an appointment, showed up for it and are sitting in front of the therapist, it may be difficult to open up to her. It could be that you do not feel comfortable with her yet which will resolve itself in time. It may also be that you are still in denial about your own ‘stuff’ so talking about the weather is easier. Denial is a wonderful self-preservation tool and if you need to continue doing it, then so be it. You have to make a choice: stop seeing the therapist until you are ready to open up or continue to talk about the weather (if you can afford it) until your denial melts away.

2/ Client needs to heal more outside of sessions

The assumption is usually that most, if not all, healing takes place during the session(s). The reality is that most of it takes place in everyday life. The following example will illustrate the emotional healing required outside of therapy.

Todd is having trouble dealing with the grief related to the end of his time with girlfriend, Samantha. His therapist helps him understand grief and encourages him to express his feelings. In between sessions, especially when Todd is alone, he is frightened by his pain and does not comprehend why the crying he does during therapy is not enough to end that pain. His therapist explains that she cannot feel his sadness for him and that it cannot only be felt when he wants to face it. She adds that unless he gives himself the space to feel his emotions he will not heal even if he has weekly sessions for the rest of his life.

3/ Client needs a different healer

If you and the healer have fundamentally different world views (e.g. an Atheist and a Born Again Christian - unless you each have an open mind) or encounter several personality clashes, then there is no basis for a therapeutic relationship. This is because you need to feel safe enough to express your opinions and emotions without judgment from her.

The initial discussion (whether it is over the phone or in person) is a good place to discover if the two of you can work together. Ask questions that will help determine if you can open up to this person based on your own beliefs. For example, “Do you believe in...heaven, hell, sin, reincarnation, God, science?” and so on. If the therapist is uncomfortable with this, explain why you want to know.

4/ Client needs a different modality

Even though I did refer to this in the previous category relating to healers, it is really YOU who determines if a certain type of therapy is effective. It could be that the method is not having any effect or it may be too much for you. In order to clarify the latter point I will describe a personal incident.

I once went to a healer who worked with some amazing new techniques (very powerful meditations based on Rebirthing methods) which did help me at first. However, after a while far too much came up and I felt overwhelmed. When I asked about this her explanation was that ‘letting go’ was an issue for me and suggested nothing else. This did not help so I went to another healer who said that I need gentler forms of healing (this is true). Later on, I realized that if she truly believed that letting go was difficult for me, we should have worked on this before moving on to anything else. Over the years I have learnt to listen to myself.

5/ Client is not listening to self

It can be very difficult to listen to or discern what you really feel about a practitioner or a particular type of modality when you are vulnerable and/or confused. This will improve with experience.

The questions listed below may help to determine if the practitioner and/or modality are beneficial for you.

- Do I feel better after a session?
- Has there been a significant improvement in my well-being since treatment began?
- Am I comfortable opening up to her?
- Does she treat me with respect? (Does she take my opinion seriously, pay attention to me, acknowledge (and apologize for) her mistakes and shortcomings?)
- Can I rely on her for support between sessions? (Only when absolutely necessary.)

PART NINE

THE TRANSFORMATIVE HEALING POWER OF LETTING GO

When all of your known self-healing techniques, practitioners, pharmaceuticals and any other medical or therapeutic methods have failed there is nothing left but to LET GO.

For some of you this may involve ‘faith’ or ‘trust’ in something very powerful and intelligent. It could be God (in any name across all religions or spiritual faiths) or it may be a belief in your own Energetic Self/Essence. In my opinion, God and your Essence are one and the same as your energy (i.e. the electricity I mentioned in Part One - the substance from which all things are made¹¹).

When you let go, **transformational healing** may take place spontaneously as you are permitting greater access or connection to this omnipotent/omnipresent energy. To put it in more concrete terms, your conscious brain (C) releases its protective filter and allows the subconscious (SC) to do the intelligent therapeutic work that only it knows how to do.

Even if healing does not take place when or how you expect it to, there is a reason for this. There may be more lessons to acquire from a difficult situation before there is change (sometimes there are ‘spiritual contracts’ between you and certain individuals and until your issues are resolved or you have fulfilled some purpose together you are stuck with them). In Eastern philosophy and the New Age arena this is called ‘karma.’

In relation to persistent negative and painful life experiences there are three possible karmic explanations. For example, if you are constantly in abusive relationships it could be that... Firstly: you were abusive in a previous time(s) and now you need to learn how that feels. Secondly: you have chosen to help people who have been abused and so must live this in order to understand them. Thirdly: is the combination of the first and second types of karma.

¹¹ For more on this read “Hands of Light” by Barbara Ann Brennan (Bantam Books, New York, 1988).

This explanation is not justification for recurring abuse or the ongoing suffering of any human being. Karma is about learning and repetition is an important part of learning. In school you were/are always revising lessons via quizzes, exams, essays, oral presentations, projects etc. In life you are tested repeatedly in various situations, such as, your relationships with others, how you deal with dilemmas and accomplishing your goals.

Karma is only one way to make sense of long-term painful ordeals that you are having difficulty resolving and/or releasing. Sometimes the letting go involved in healing requires one or more of the following: finding another method, practitioner or perhaps inventing your own techniques; ending a toxic relationship (even if it is a blood relative) or leaving a lucrative career that is making you miserable. It may be about making a tough decision that no-one else will support.

Healing (or becoming *whole*) is more than dealing with one problem at a time - it is about understanding the *purpose* of your *whole* existence. If you know why you were born then your issues are easier to handle. That is, when you make sense of or find *meaning* in, your overall life experiences this, in itself, is therapeutic. Are you here to help people heal, to make music, tell entertaining stories, to educate, build things, raise children, save the environment? If you know your reason for living letting go is more doable as you will be preoccupied with creating what you were born to do.

Regardless of your individual circumstances, the act of letting go brings about a life change creating a loss which - if perceived as negative by you - leads to grief. You may want to hold onto the old ways or people afraid of the pain involved or the possibility that there is nothing/one else - it may even seem as if you are giving up. However, life is about rebirth and renewal and it will reward you when you let go by bringing in the new. This experience of the new is what lays the foundation for your **self-transformation**.

ABOUT THE AUTHOR

Helen's interest in self-healing began when she sought assistance in her final year of high school in order to deal with childhood trauma. Her life was so positively transformed by therapy that the following year she began studying Behavioral Psychology at University in order to help others heal. However, after two years of science-based learning she became disillusioned with this field as it did not deal with the emotional and social life of an individual. She then went on to study the Social Sciences where she discovered the relevance of social conditioning and personal experience on an individual's emotional state and behavior. The important role of the subconscious was also explored at this time.

After graduating in 1994, Helen began to heal herself on a deeper level as a result of trying various alternative therapies. Most of these modalities involved dealing with the emotional causes of both physical and psychological problems which resulted in profound and lasting changes. This motivated her to study certain areas of interest such as, meditation, Yoga, Buddhism, Native American wisdom, Reiki, Kinesiology and Psychosomatics.

Helen also completed a writing course in 1997 as she planned on penning her healing experiences at some point in the future. In 1999 she became a consultant in complementary therapy.

In 2006 she discontinued her business in order to work with children in child care and education (as an Integration Aide or Teacher's Assistant). She was inspired by her training in education to create (adult) self-healing techniques and materials based on her knowledge of both mainstream and alternative modalities.

Helen re-established her practice in 2008, now working as a self help author, consultant and tutor whose aim is to educate her clients about healing.

NOTES

- What are the most relevant suggestions/philosophies/theories for me?
- What are the most useful self-healing techniques?
- How can I vary the techniques to suit my personality and/or my life?