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- The detrimental impact of distressing memories and inappropriate belief systems on the brain, that eventually get on the nerves.
- The hands-on techniques to calm mind, body and soul.
- What really causes disharmony and upsets the hormones, along with the consequences imposed on related areas.
- The non-sense that perturbs the senses and often creates havoc.
- That which is being kept so close to the chest that it keeps interfering with the breath and blood circulation.
- The hands-on techniques that re-establish harmony, re-assure the senses and re-instate the breath, as well as the efficient circulation of blood and other fluids around the body.

#### DAY 2

- Circumstances and situations that are hard to swallow and digest, often because of being labelled 'good' or 'bad', changing their energy and making food either unpalatable or too palatable.
- The need to let go of all detrimental thoughts and harmful emotions to make space to bring through new concepts and manifest them in their daily life.
- The perceived foundation and support that penetrates to the core of the bones, affecting the elasticity and efficiency of muscles.
- The hands-on techniques to soothe the digestive tract and its related parts, so that everything can be processed with ease, making it so much easier to release what is no longer required, and to provide space to reproduce innovative concepts that provide a solid, yet flexible, base from which to function.
- Bringing clarity to any areas of uncertainty.
- The whole Universal Technique, from start to finish, to ensure that the overall concept is completely understood. You are welcome to record the information shared since there will be a lot to absorb in these 2!