

Understanding The Journey®

The Journey is a globally recognized, critically acclaimed healing and transformational methodology. It works fast to awaken you to your limitless potential – so you can achieve success in every area of your life. You can use The Journey for both physical and emotional healing. It's proven successful with all kinds of physical ailments, emotional issues, depression, relationship issues, career blocks and many of life's other challenges. Emma Thomson explains it all...



BRANDON BAYS

The Journey method is based on the principles of neuro linguistic programming (NLP) and was founded by internationally acclaimed mind-body healing expert, speaker and best-selling author Brandon Bays. In 1992 Brandon was diagnosed with a basketball-sized tumour. Amazing her and her doctors, Brandon intuitively listened to her body wisdom and completely healed in only 6 ½ weeks. No drugs, no surgery, no pain.

As a result of Brandon's continuous work on herself and inspired by the studies of famed endocrinologist Dr Deepak Chopra and renowned cellular biologist Dr Candace Pert, The Journey has developed into its own unique approach to awakening and cellular healing.

WHAT IS JOURNEY THERAPY?

The Journey is a deep and powerful process that accesses physical and emotional difficulties and blocks and guides us to a place where we can heal ourselves from within.

There are many different reasons causing us to store our experiences and often we ignore them, hoping they will be resolved on their own. On the one hand these experiences can be everyday situations that we push

aside because of higher expectations and increasing demands in today's society. On the other hand there are misfortunes, childhood traumas and drastic events. If these experiences are not digested they will manifest in our bodies and show themselves through blocks, dejection, depression, burn out, fears, phobias, all kinds of addictions, learning disabilities, behavioural disturbances, relationship and sexual problems, physical and psychological illnesses.

In The Journey process you learn to uncover these undigested experiences in order to free yourself from long lasting emotional and physical blocks and difficulties. By allowing yourself to "own" these rising emotions you are opening into the source of your inner being. There you will find your own answers and your deepest truth that will lead you to your own natural healing from within.

The Journey process enables you to release, forgive and heal that negative emotion; cleansing your cells where any long-buried traumatic memories can be safely re-experienced and resolved for good. It is a powerful method, which can be individually adapted to your specific needs and is therefore suitable for everybody.

Fully conscious throughout, you are in charge during your process - you choose how deep you go.

WHAT TO EXPERIENCE IN A SESSION:

Prior to a Journey session it is advised, but not imperative that the client read the book *The Journey* (By Brandon Bays) and /or *The Journey for kids*.

Absolutely anyone can come for Journey sessions, the youngest age for the Kids Journey is 5 years old.

There are no negative side effects, only positive ones.

If it is an adult that is coming then we request that the client allows all emotions to start to bubble up in the lead up to the session as their conscious and unconscious mind prepares.

A Journey session lasts for 1 hour (For children) and 2 hours for adults. It is an eyes closed process where the client just needs to relax and open up to the feelings and emotions that come up which lead to uncovering repressed memories and emotions which can then be released and healed.

Benefits of Journey therapy

Most of us bury our negative experiences, hoping they will be resolved on their own, or by living in denial of them. It may be as simple as feeling there is more to life, or as complex as feeling a complete failure. It could be as debilitating as an addiction, or as life-threatening as a serious illness. If these experiences are not digested, they will manifest in our bodies and show themselves in various forms of physical or psychological illnesses, such as cancer and depression.

How cellular healing works:

Cellular healing focuses on the concept that it is possible to uncover repressed trauma and remove it from the body where it may cause potential cellular damage. It is an idea that is now becoming more mainstream and has even been endorsed by US – trained medical endocrinologist Doctor Deepak Chopra who stated that: "All disease and illness is just the loss of the memory of wholeness at the cellular level and that when a cell loses its connection with the rest of the body, it begins to act randomly causing havoc and destruction." To comprehend how cellular healing works it's important to understand that every cell in our body replicates into new cells on a regular basis and that is we can tap into a cellular memory and release it, then when the cell dies and replicates, the new cell will be healthy and as the cell becomes healthy, the organ or tissue will be healthy. This discovery means that if an organ in our body is sick, in a matter of months, it would have completely regenerated itself, for example, the liver cells completely regenerate themselves in six weeks. By just tapping into an emotion that is stuck in the area where we are sick and releasing it, we are giving our bodies the real power to heal themselves.

If you'd like to book a Journey session, or find out more please contact: Emma Thomson – Holistic Life Coach, Journey Practitioner, Reconnection-Certified Practitioner. Emma is an eternal believer that anything is possible. If a full, rich, purposeful life is what you want, but have yet to fully experience, she invites you to work with her and make this happen. Emma specialises in Life Coaching, The Journey and The Reconnection.

Visit www.emmathomsonhealing.com for more information. Your Life, Your Journey, Your choice, Your Freedom



EMMA THOMSON – HOLISTIC LIFE COACH, JOURNEY PRACTITIONER, RECONNECTION-CERTIFIED PRACTITIONER.

I'm an eternal believer that anything is possible. If a full, rich, purposeful life is what you want, but have yet to fully experience, I invite you to work with me and make this happen. I'm passionate about healing; awakening and helping people live and thrive from their innate potential. In order to achieve this, the mental, physical, emotional and spiritual bodies must be functioning well and as a whole.

I specialise in Life Coaching, The Journey and The Reconnection. These varied skills worked (and continue to work) for me and hundreds and thousands of others worldwide. I feel completely blessed to be living my purpose, offering these services to you, giving you the choice to explore the possibility of living and thriving from a place of peace, joy and freedom. It really is possible.

I offer face to face and Skype/Distance sessions for all my services.