

# HOLISTIC LIFE COACHING & HEALING PROGRAMS

*Design your conscious lifestyle.. Live a life of wholeness*



Discover and create the life you desire and deserve with our resident Holistic Life Coach & Journey Practitioner, Emma Thomson.

Over the last 26 years Emma has designed and developed transformational healing programs, workshops and courses for thousands of people worldwide. Come and discover your real self and live a life of inner-connection, clarity and wholeness.

SERVICES AVAILBLE MONDAYS - SUNDAYS  
FROM 11AM - 7PM

*for bookings, contact us at*

04 718 1715

058 5870799



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## HOLISTIC SERVICES

### *Life Coaching*

Coaching is for any individual seeking positive change. It delves into your present life with a spotlight, highlighting the good, the bad and the ugly, giving you the choice (once you have realised and faced the truth) to do something about it. It challenges your way of thinking, creating deeper self-awareness, expansion and growth.

### *Energetic Alignment and Healing Transmission*

Emma works with a channel of "archangels" and celestial beings in order to transmit the love of creation from the higher realms. The evolution of our consciousness is a continual process of coming into greater presence & alignment. During this session you are directly supported by these energies helping you into greater physical, mental, emotional and energetic/spiritual alignment, for the purpose of your own healing and self-realisation. The transmission provided will deliver that which is needed in the moment, and that which you have the capacity to receive.

### *The Journey™*

The Journey™ is a globally recognised, critically acclaimed cellular 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 has proven successful with all kinds of physical ailments, emotional issues, depression, relationship issues, career blocks and many other life challenges. Most of us bury our negative experiences, hoping they will be resolved on their own, or by living in denial of them. It maybe 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. In The Journey™ process, you are able to uncover these undigested negative experiences by allowing yourself to "own" the rising emotions and open into the source of your inner being. The Journey™ process enables you to release, forgive and heal, cleansing your cells where any long-buried traumatic memories can be safely 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 a process - you choose how deep you go.

### *The Journey™ for Kids*

The Journey™ for kids can help with any stresses your children are facing, whether it be fears of any kind, eating or sleeping difficulties, body image/low self-esteem issues, difficulty making friends, bullying or being bullied, divorce, grief, exam anxiety, IT addiction and so on.

### *The Reconnection®*

The Reconnection® is a once in a lifetime, two session experience that reconnects you to a timeless system of intelligence. It is a focused formation to connect three systems: the Ley lines of our planet, the Meridian lines of the human body and the Universal energy grid. We are reconnecting to our Master vibration. Our Evolution. In doing this we are actively choosing to accelerate our chosen life path.

## HEALING BUNDLES

### *Discovery Session*

What would your life look like if you invested quality time and energy in yourself? Book a 2 hour discovery session, where we will look at every aspect of your present life, along with how you think and feel about it. You will discover what needs improving, changing, releasing and healing for you to fully thrive on every level of your being. This session provides the foundation in deciding the best path forwards from the bundle options.

### *Holistic Bundles*

A bundle of 8 - 12 hours of focused sessions based on your wants and needs. This can be a combination of the modalities.

### *Small Group Workshops*

Suitable for families, friends and even as a corporate team-building activity; you can choose between these modalities: Stress Reduction, Retreat & Rise, Reiki level 1 & level 2, Emotional Eating as well as Discovering your Ego Type.

### *12 Week Package*

During this 12 week programme you will have one 2 hour session a week for 12 weeks. This slower consistent commitment gives you the opportunity to integrate the learning and healing over a longer period of time.

Contact us to book your service

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