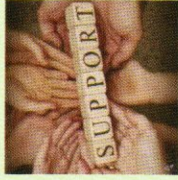


## SOME OF OUR MODALITIES WE OFFER



### Holistic Counselling

We often need to share our deeper inner thoughts, feelings or experiences with someone, but don't want to burden others, or feel it might make someone judge them differently or even respond negatively to this. Here at Divine Essence, our experienced staff are free from judgement and offer a genuine shoulder to cry on, or just a simple talk about anything that may be bothering you about your situation.



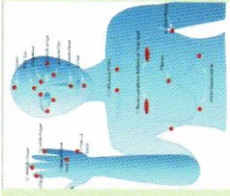
### Reiki

Relax, unwind and de-stress... you are about to have a wonderful uplifting experience. Reiki is a delightful way to release blocks and inhibited energy, often held in pain or disease of the body. It is a gentle, yet effective treatment that allows the bodies natural healing ability to be stimulated and enhanced. Often people experience deep relaxation, uplifting energy or peaceful releasing of old pain.



### Family & Systemic Constellations

Whether we are aware or not, we may have acquired much of our ancestors & parents beliefs, patterning, burdens and more, that are now influencing our very capacity for peace in our life... here we explore the pulls of these influences that take us away from our true



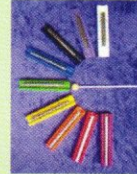
### EFT - Emotional Freedom Technique (Tapping)

A phenomenal tool in releasing, relieving and diminishing unwanted emotional extremities, such as fear and anxiety. It is easy to use and easy to learn, plus can be used at anytime for just about anything. We are a huge advocate for this tool, as it has the power to get in deep to the core of an issue in only a short while and release it.



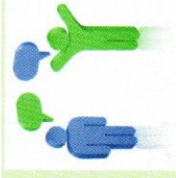
### The Work of Byron Katie

A simple formula (4 questions) for some profound shift in our patterns of thinking and breaking down the power of negative thoughts. This is an easy to use formula that can release you from negative thinking ... the thought in essence lets go of you. We use this therapy instead of Cognitive Behavior Therapy (CBT) that is common in mainstream counseling. Once learnt, you will find it a very useful tool.



### Sound Therapy, ART & Meditation

These therapies assist us in many ways to re-balance ourselves and explore our inner worlds, often finding gems of wisdom and lead us to peace. Highly recommended!



### Personal Empowerment & Effective Communication

We all have many thoughts and opinions in life, so it is easy to see how we can find contrast to our own, and in some cases, then conflict. So many of our interactions with others relies on good communication skills. We all want to get heard, and we all want our needs met.

The skills learned here will give you some sound basics to guide you through, without creating a world of conflict in the process.



### Soul Journeywork

Trauma, shock, sudden experiences and illness, operations, disease, all are something we may experience in life. Often these situations are very hard to reconcile in the moment, and due to this, a soul piece is fragmented away from you. These pieces hold the trauma or event that happened, that has not yet been processed in the rest of your body and mind. We work initially on resourcing first, prior to recovery of these fragments.



### Access Bars

Access Bars is a revolutionary healing system that releases beliefs that have been inhibiting the true nature of your being, using 32 points on the head, this assists the release to occur. A gentle healing modality with lots on offer including other access consciousness tools

Please go to our website for a more fuller description of our modalities, or drop by the clinic for a chat. Thank you. Namaste.