

METAphysicalPSYCHOLOGY

In these modules we provide information and perspectives that can be used as an overlay for existing psychological models and treatment protocols. These modules address some of the many aspects and conditions of our mental selves.

As an overview - our thought processes and belief systems (aka as our way of habitually operating in our lives) have a profound effect on our physiology via specific routes and biochemical mechanisms and manifestations in the body. How we think and what we react to, affects our physical body; and how we feel impacts on the quality of our thought processes which loops back into and affects our physical body. The sheer volume of information both electromagnetic and biochemical using this interface is more than our conscious mind can process in a linear cognitive manner, but it's this interface that will dictate the quality of our lives – physically, mentally, emotionally and spiritually.

How we feel about ourselves is the key - It impacts on the quality of our lives, the quality of our relationships and our ability to make ourselves a priority in our own version of reality.

Mainstream medicine is quick to provide labels for mental imbalances but very slow in providing solutions. It is near impossible to 'talk' your way out of a mental imbalance, the trick is to 'feel' your way out and make the changes required so you can create your new mental platform with improved resiliency and outlook.

Mismanaged emotions and undischarged trauma will always be at the core of self worth issues. Acceptance of who we are and acceptance of every experience we've ever had (that has contributed to making us who we are today) – allows the establishment of a new and stronger mental platform from which to create our lives – more neutrally oriented and healthier. Improving our self worth can change everything and impact on every area of our lives.

Anxiety is the most common imbalance experienced today and is always 50% physical affecting the parasympathetic and autonomic nervous system in different ways with the other 50% embedding in the mind influencing our mental platform, the quality of our thoughts and emotional intelligence. One will always keep the other in play – that is why most consider it difficult to treat and it to be something 'you just need to live with'. With a different approach and a new perspective - anxiety, trauma and emotionally oriented imbalances can be alleviated and the incorporation of some simple supplementation to influence our neurotransmitters to regain their levels of integrated balance works in the background of the techniques we teach.

MODULES:

The Mind Body Interface

Mind Body Medicine

Self Worth and Acceptance

Depression

Anxiety

Overwhelmed – Powerlessness

Undischarged Trauma

Forgiveness – what it does energetically

Designing your Life –Re authoring your Story

Emotions and Feelings

Fear

Sleep – including circadian rhythms, disturbances in the organ systems, mental revving, charged though forms and fractured energetic field

The Flow State and Non reaction

Correction of your Mental Platform and perceptual distortions

Navigating Change

Metaphysical Mind and Perception Techniques