
Anxiety Control Center

856-751-9446 - NJ or 917-399-2102 - NY

<http://www.anxietycontrolcenter.com>

<http://www.actionendsprocrastination.com>



OPENING UP TO YOUR OWN POTENTIAL



Wouldn't it be great to move through your life with ease?

Introduction Class on Energy Healing.

This week we are going to have a real treat, as Janet Erickson talks with us about clearing emotional clutter out of our bodies.

This is a bonus call in addition to the 4 sessions you have signed up for. Each week as we come together and work on the issues you bring to our coaching class we get the support of each other and new ways of using your own powerful mind to create real change in patterns and reactions you no longer want in your life. I am so proud of all of you, for sharing, being on the calls and working between calls on the action steps. I love reading your success stories and the questions shape what I teach you in each class.

If you would like to read about what your fellow students are saying you can go to <http://www.anxietycontrolcenter.com> There are posts with student questions, success stories as well as other tidbits of information about reducing stress, hypnotic techniques and other fun stuff.

For this bonus class we'll be looking at what can be created when you combine energy healing with the self-hypnotic techniques you are already learning to use. I have found that when my client work with Janet they can accelerate the process of healing and change many fold.

Here is what Janet is saying about Energy Healing:

Imagine you were being taught to do a particular dance step that required you to move your body in an unfamiliar way. But what you found was that not only was your body not used to moving in that manner but you had a number of muscle knots and cramps that made moving in that way very difficult.

One answer could be to go to a massage or physical therapist in conjunction with the dance teacher. The therapist would aid in removing the muscle blocks so that your body could more easily move in the direction that you and your teacher wanted.

Keeping the above example in mind let me give you a brief description of energy healing.

As we go through life we find ourselves accumulating unwanted baggage. I am not talking about the clutter in your attic or even those extra pounds around your middle. I am talking about unresolved, stored emotional baggage, negative thoughts and words, to name few.

These are the things that weigh upon us as we live our lives and become burdens that restrict us. This unwanted baggage accumulates in our energy fields (Aura), and appear as dark masses that clutter our Aura and block the free flow of energy.

Just as a massage therapist is able to see and feel muscle knots, an energy healer is able to see and feel these energetic knots. And just as a massage therapist is able to remove those knots so is an energy healer able to remove the congested energy (clutter) from your energy fields.

When the clutter is removed and proper energetic flow is established - you are able to handle your life with more ease.

You'll find that energy healing will complement the self-hypnotic and NLP techniques that you are learning with Audrey Sussman in your private and coaching sessions.

If you would like to read more about Janet and energy healing go to

<http://www.janeterickson.com> or

<http://www.janeterickson.com/spiritual-healing-blog>.

To read more about hypnotic and NLP go to

<http://www.anxietycontrolcenter.com>

<http://www.actionendsprocrastination.com>

Here is a bit about what Janet will be talking about on this bonus session.

Clutter Busting and organizing your energy:

1. This class will help to clear any confusion that you might have concerning your energy and energy healing.
2. Learn why we have so much clutter in our Aura
3. Learn a simple but effective visualization to clear some of the clutter in your aura
4. Experience a powerful method to begin organizing your energy
5. Learn more about energy healing and how it can best help you