

Reclaiming your life...

By Karoline Grant

Most of us have felt anxious at various times, butterflies in the stomach, a sense of dread, a racing heart, shortness of breath...maybe before giving a presentation or starting a new job. According to the Wikipedia, anxiety is a normal reaction to stress. It is designed to help us deal and cope with a new situation. [1] However, for some of us anxiety takes over and starts to run our lives. Anxiety then becomes a disorder.

Sue was referred to me for Journey work by a General Practitioner who felt that her high blood pressure and anxiety problems stemmed from deeper unresolved emotional issues.

When I first met Sue, she suffered from regular panic attacks, even from seemingly minor events like having misplaced her glasses. She worried and catastrophised excessively, always fearing the worst, was in a constant state of overwhelm and very tense and stressed.

Is it a wonder that her blood pressure went through the roof?

Hope

Sue read a copy of 'The Journey' by Brandon Bays, a couple of years prior and realized now that she didn't want to keep living the way she was. Her dependency was greater than her fear of the unknown, of facing herself in a Journey process. Sue was ready for healing.

The initial exploration

During our initial conversation it became evident that throughout her life Sue has had a very difficult and complex relationship with her mother.

Sue was part of the generation of children who were meant to be seen, but not heard. She expected her mother as very dominant and hypocritical,

a perfectionist. Sue was struggling to perform to her mothers impossibly high standards, but never seemed to succeed. This put her on edge from a young age, fearing to make mistakes and get punished.

She felt restricted and powerless, she felt like she had no say and had to perform to get love. She learned that it was safer to be a people pleaser; it was not ok to be herself, safer not to try rather than getting it wrong.

Sue ended up lacking confidence, feeling inadequate and extremely fearful and ill-equipped to deal with life.

The Journey Process

She gave herself the gift of several journey processes in which we gently peeled off the layers of old pain, feelings of unexpressed anger, fear, self-leashing, self-blame, guilt...

This coupled with profound experiences of her real Self, her essence, allowed for powerful healing and shifts in her self-perception to occur. Each process provided Sue with realizations and empowering insights which helped her to not only forgive her mum, but also to start loving and accepting herself.

For the first time in her life Sue started to feel comfortable in her own skin. She began to experience a new peace and love within herself. She started to take responsibility for her life, realising that she had choices. She began to trust herself and her own wisdom. Sue let go of having to get things perfect and began to be kinder to herself. Instead of worrying about the future she started to enjoy the present.

The long-term result

Sue's relationship with her mum is much healthier. Sue knows how to set boundaries, and doesn't take her mums ways personally any more. Sue thinks and lives more positively and has learnt to reconnect with

the joy and peace in her 'inner sanctuary', whenever she wants.

Moments of anxiety may still appear, but they certainly don't dominate her life any more. Sue has got tools which enable her to cope with life's stresses more confidently. She enjoys greater clarity of mind and ability to focus and concentrate. She is out there doing things she would before not have dreamt of attempting, like taking as well as teaching classes. Sue exhibits a lovely confidence and lightness of being.

And - she has learned to RELAX!! In her own words "By trusting the journey process I became the person I never believed I could become, from a powerless to a powerful being, being true to myself and more humble."

As a by-product of Sue's inner healing her blood pressure came down to a healthier level as well.

Who else?

Sue is one example of people in NZ who have suffered from anxiety disorder and high blood pressure. She was willing to explore the root causes and began healing herself.

What could be underlying your anxiety or high blood pressure?
What is it costing you to keep living with it?
When is now the right time to do something about it?

To find out how Karoline can help you or someone you know call 021 384 155 for a free introductory session.

Long-term relief for stress & anxiety

Often these conditions are a signal that you have a combination of emotional as well as physical stress factors, for example...

- depression
- high blood pressure
- chronic pain
- relationship conflicts
- financial worry
- anxiety

These symptoms can be effectively reduced using the gentle process of **The Journey** which deals with the root cause underlying your issue.



Call 021 384155 NOW

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Karoline Grant

Journey & Massage Therapist

www.freedomtherapies.co.nz

Special Soul Quieting Offers
(with this ad valid until 15 August 2009)
Designer Journey \$155
Premalty \$109
30 min Freedom Therapy \$35
(normally \$59)

*Name has been changed to protect privacy

Reference: [1] <http://en.wikipedia.org/wiki/Anxiety>

Author Bio

Karoline Grant is an Accredited Journey Therapist and has been personally trained by Brandon Bays. She has been a massage and neuromuscular therapist for 12 years and is passionate about helping others heal themselves, so they can live life more fully. Karoline offers The Journey and Freedom Therapy, a unique blend of massage therapy and emotional release techniques to help relax and heal body and mind.

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