

## Stop going around in circles and move forward in your life

Are you going around in circles in your life? This can be a real problem for people. Do you put in a lot of effort trying to move forward, only to find that the situation you are trying to change or move away from, sticks to you like glue and even becomes worse instead of better despite your efforts?

This is one of the common situations people present with clinically. They arrive stressed, anxious, and often experiencing some type of traumatic situation they feel they don't have the power to change, and can't tolerate any more. They are at their wits end and often feel desperate and defeated by the emotional heaviness of certain life situations. This can be very distressing and absolutely exhausting!

We all experience times in our lives when we feel weighed down by life and we appear to be going round and round in circles in a never ending journey of difficult challenges. How do we change enough to start moving forward in the direction of our desires?

Change cannot come from working with your conscious mind only. Permanent life change comes from working with the conscious, subconscious and super conscious aspects of ourselves. A holistic approach is the way forward. We go around in circles due to subconscious patterning. We are not usually aware of this patterning and even if we have some awareness of it, we don't know what to do the change it.

### CLIENT FILE

(name has been changed for privacy reasons)

Daisy arrived in September 2015 with a hefty load of stress, anxiety and depression. She was in a desperate state and wasn't coping with life. She was dealing with the death of a close relative due to suicide and was concerned she was heading the same way. She had been in a long term, abusive relationship, which had broken up many times over the years. During these times Daisy had other abusive and addictive type relationships. She had a stable, well paid and long standing career, working for a boss who was very dominant and demanding of her, and she was starting to make a lot of mistakes at work. She hadn't spoken to one of her siblings for many years, and was holding guilt around the relatives suicide. She was in breakdown when she arrived at my clinic door! The good thing is - breakdown is always a step toward "breakthrough"!! Breakdown can be a gift in disguise, it's what finally lead her to pick up the phone and get help.

Daisy has been having coaching and breathwork sessions approximately every 3 weeks since September last year.

- \* She has faced her fears and worked through patterns she was stuck in for many, many years.
- \* She has ended her longterm abusive relationship.
- \* She has resolved her guilt and found peace with her relatives suicide.
- \* She is now speaking with, and redeveloped a loving relationship with her sibling.
- \* She has resigned from her job and has a wonderful new job to go to after a holiday abroad.
- \* She has sold her home and bought a brand new place which she will be moving into in the near future.

Daisy has experienced many shifts and made many changes during the time of her coaching and breathwork therapy sessions, but the main healing has been in the area of self love.

**\* Daisy found herself. She found a state of peace, respect and happiness that she never dreamed possible!** Daisy stopped going round in circles and moved herself and her life forward.

In the last 22 years there have been thousands of success stories like Daisy's. You can stop going around in circles and move forward too! I did it, Daisy did it and you can do it too.. Never give up, help is only a phone call away.