

# Experience the Power Healing Journey

with Eva Wolfram

There are times in our lives when the situations we find ourselves in can cause us considerable confusion and physical as well as emotional discomfort, when any attempt of rational analysis, “thinking it through” or “working it out” will only lead to more confusion and frustration. This is where a Power Healing Journey is very beneficial.

## What is the Power Healing Journey?

The Power Healing Journey is an intensive, intuitive healing process. This unique one-on-one approach developed by Eva Wolfram integrates hands-on bodywork with gentle energy work and visionary shamanic journeying. Together, these components promote physical and emotional stress release as well as spiritual understanding and growth. By invoking a deep, timeless meditative state both in the mind and in the body the Power Healing Journey creates a moment of stillness in your life which is free from outside distractions, allows you to explore yourself and your situation from a different perspective and helps you reconnect with your powerful inner core.

## How does it work?

Lying comfortably on a massage couch, you initially allow your breath to nourish you during several minutes of guided breathing. You then receive about 45 minutes of relaxing but focussed bodywork, followed by about 30 minutes of energy work. I will hold specific energy points on your body without pressure and encourage a natural, healthy energy flow.

You can allow yourself to drift deeper... pictures begin to emerge before your mind's eye. You witness your thoughts come and go while blockages dissolve and your energy begins to flow more freely. During this part of the journey it is quite common to experience emotions... this is a welcome part of the process, feel free to express whatever comes up. The last 30 minutes of the Power Healing Journey you will be immersed into sound and drumming. This will aid you on your inner journey... when the drumming starts, you picture yourself descending through a tunnel into the earth. As the light appears at the end of the tunnel you are ready to step into your own inner world...



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I encourage you to be adventurous on your journey. Use your senses and give your analytical mind a rest. See, hear, taste, smell, feel. Be open and allow the inner landscape to unfold and 'communicate' with you. You may encounter animals, people, objects, voices in your mind... some may be willing to teach you or answer questions. If your rational mind tries to take you away from your experience, simply acknowledge that and then return to where you were, in the same way a phone call interrupts a programme you are watching. Eventually, you switch the phone off...

At the end of the journey you will have time to share your experience if you wish. Often one journey is enough to gain more clarity, peace and understanding, sometimes more than one journey is required. This depends both on your level of previous experience and the nature of your present life situation. No previous knowledge, however, is required to have a profound experience.

### **What can I expect from this journey?**

The effects of a Power Healing Journey usually continue to emerge well after the actual process has been completed. Sometimes they are subtle, sometimes they are life changing. You can find more understanding of your situation and of yourself, and with it more physical and emotional wellbeing as well as personal empowerment and clarity. The path ahead has become clearer, and you can take the next step with more confidence...

### **What do I need to know to do it?**

Your openness for having an authentic experience and for accepting what you experience and a willingness to listen to your inner self are the only things you need to benefit from this powerful process.

Allow at least 2.5 hours for your first journey. Overall length and procedure may vary according to requirements. Do not eat a heavy meal beforehand, if possible cleanse yourself or spend some time in nature. Wear comfortable clothing. Usually a Power Healing Journey takes place in the evening. Avoid conversations and busy places afterwards if you wish to prolong and deepen your experience.

Ring 07855 354647 or email [therapies@pure-therapy.com](mailto:therapies@pure-therapy.com) to find out more.



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