

DARE is not a talking therapy, we want to avoid the constant re-living of the issues, which just feeds the emotions and keeps them in a loop and you therefore keep manifesting the same events.

Results can be fast depending on the condition and circumstances. Two or three initial sessions are a good start. Once the core issues are addressed, further treatments can be minimal.

It is time to stop the neglect of the Self, You are the most important thing in Your life, give yourself permission to free and nurture yourself. Love yourself as you wished to be loved by others.

What we do today is creating our future. Choose to set yourself free from your past with DARE and walk into a New horizon.

**~ GOLDEN ~**

*Bringing your light out*

### Side effects

After experiencing DARE, some people:

- ✚ Walked with a smile on their face.
- ✚ Felt lighter and with strength to go on with their life.
- ✚ Couldn't stop laughing.
- ✚ Felt a stronger connection to Life and others.
- ✚ Felt as if they had just stopped running and were able to rest.
- ✚ Moved on, and never looked back.

For more information or to make an appointment, please contact:

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Sessions last 2 hours

# DARE

(Dissolve And Resolve Emotions)



**Get your Life back with  
DARE**

Do you feel you have nowhere else to go? Are you stressed, depressed or suffer from anxiety or PTSD? Does a situation keep repeating in your life? Do you experience negative self talk? Are you haunted by past traumatic events? Are you happy with who you are?

What we have created in the past is in our present. Whether we are aware of it or not, the things we have done, said and seen are impacting us today. The impacts have created our emotions, our likes and dislikes and our mental patterns.

Challenges occur from the build up of stress, shock and events that have left us feeling out of control and vulnerable. Emotions cause mental and emotional patterns that penetrate our energetic fields, with memories imprinting at a cellular and energetic level, which follow us through life.

The impacts of all the negative experiences that we have in our lives

remain in our mind, emotions and physical body (Cellular memory); even if we have forgotten about them, they are still active in our unconscious mind, creating emotions, patterns of behaviour and affecting our health.

DARE uses a combination of advanced clinical skills, psychological and emotional techniques that work on an Energetic, Spiritual, Cellular, Mental and Emotional level to clear out old patterns and behavioural beliefs, bringing a quick, effortless and effective resolve for the client, clearing blockages and allowing the soul to move and grow.

DARE works with all sorts of emotional, mental and spiritual disorders for all ages; helps those who are stuck and can't move on in life.

Through life events we accumulate trauma and shock. Previous trauma can overlay our lives influencing and

changing our perspective of life and behaviour patterns.

DARE uses techniques for recovery of our essence and essential self.

*The Heart is often affected through trauma.*

DARE uses techniques to clear out trauma and wounds, to soften and enable new growth of the heart, connecting to our true essence, allowing for spiritual growth with expansion to a soul level of being.

*DARE is not psychology, hypnosis or regression.*

During a session, the client will feel deeply relaxed but in control at all times. We use gentle techniques that allow the body to reach homeostasis, the natural balance state of all the body systems; this will induce the body's own healing potential which can assist many conditions.