

Shift your FOCUS

Create inner change for outer results

by Pippa King

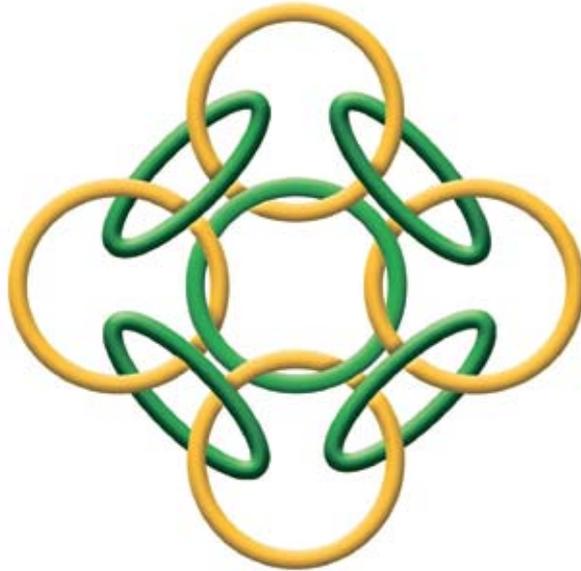
Have you ever thought that you really want something in your life, but you seem to keep getting the opposite? Or found that the same repeat patterns keep happening in your life and wondered why? Would you like to break those patterns and create more peace, ease and joy instead of fear, drama and struggle?

We are always getting results in your life, but are they the results we want? With science proving that thoughts and feelings create our reality, imagine how powerful it would be to get in touch with those parts and re-programme them to create what we want in our lives.

The truth is you can. You have the keys within you to achieve anything you want to and even better news is that it is easier than you think. Everyone has thoughts, feelings and beliefs that affect their mind set about every area of their life, but how much are you really aware of them? Thoughts act like powerful magnets attracting more of whatever is focussed on. Once you discover the how easy it is to take charge of your mind set, to shift your focus and harness the power of your thoughts you begin to get powerful results in every area of your life.

Sometimes in life you might find yourself wanting something different or better in an area of your life such as career, relationships or lifestyle, but you keep getting the same results because you are trying to make the changes on the outside with the old programming and thinking.

The brain and body are amazing machines. As humans every



Focus
Motivate
Energise
Succeed

new thing that is learned creates a new electrical pathway in the brain and the more it used, the stronger it becomes. After a few times, once our brain has learned that new behaviour, it becomes subconscious. An example of this would be driving a car or learning a route to a new place, once learned you don't even have to think about it anymore, you just do it. This is also how habits are formed, like responding to stress with food. Over time, this becomes a built

in subconscious programme and then when you want to change that habit you can discover that it is harder than you imagined because it has become a subconscious response. Weight loss is a perfect example of where making changes on the outside often fails. This is because it is the thoughts, habits and mind-set that hold the real keys to real success in this area. Once you understand your own individual programmes and triggers you are in control you to build new pathways in the brain, creating new thought patterns behaviours and results.

Many athletes have been using these techniques for decades by training with their mind-sets just as much as their bodies. By harnessing the power within they become focussed and motivated achieving great results. So can you.

Within the Seabank resort

and spa, an exciting range of seminars, events and courses are being held throughout the year with an new approach. Working with the latest proven techniques such as NLP, EFT and Theta, the focus of all these approaches is on well-being on all levels. These offer individuals and groups the opportunity unlock the keys to getting powerful results in many key life areas such as de-stressing, careers, weight loss and by creating inner change for outer results.

The Seabank spa has an amazing range of treatments to complement these key life areas offering a truly holistic approach to all. Corporate training programmes for de-stressing & workplace well-being are available soon.

In addition to these some more specialised certified courses such as Theta DNA™ Healing and 9D clearing are also being held exclusively at the Seabank Resort and spa

9D Clearing™ is a unique technique that works with the elements, the senses, present moment awareness and group consciousness to move beyond words and release limiting beliefs & group stories of lack and struggle and embrace health, wealth, joy and abundance. This works by over-stimulating the senses of smell, sight, sound, taste and touch to release unresolved thoughts and feeling from the mind and body without the need for conscious recognition. Theta DNA™ Healing is a transformational technique that works at the causal level to remove the limiting beliefs that no longer serve you and replace them with new healthy beliefs that support health & happiness.



Pippa King



Lucy Lee-Alliston

Alternative Well-being are health, wealth and happiness experts who work with the latest techniques to improve life quality.

Pippa & Lucy's professional practise is committed to helping people discover & develop the inner tools and resources for happiness and dissolve obstacles to well-being & success.

Lucy has a background in corporate training and **Pippa** is an education and training graduate.

Both combine the knowledge and techniques of numerous energy psychology techniques they are trainers in, to provide the most effective means for mental and emotional conflicts to be transformed into positive ways forward.

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Alternative Malta