

Self-Healing

bringing success, healing, health, self & life improvement results

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By helping the individual to make a switch in their way of thinking, that is, changing their focus from the complaint/ problem to their desired goal, the outcome is often a positive result. Once understood this approach to living can be applied to any area of life. We have had many thousands of successful cases. So, whether your goal is success, healing, health or life-improvement we would suggest that you consider this approach.

How to get started

Simply telephone one of our centres (listed on opposite page.) and arrange to see our free introductory video documentary on the therapy. After seeing the video you can make an appointment to see the therapist on an individual basis to familiarise yourself with the approach and to get an understanding of how it works. Then the therapy is conducted by coming to classes (approx one hour) twice a week... The ultimate aim of the therapy is that you learn to use the system for yourself.

Videos worth seeing

We know you are amazed when you read some of the testimonials and maybe you feel they are too good to be true or are isolated cases. That's why we are now recording them on video. Some of the people, who through the formula/philosophy have achieved a richer life and/or overcome illness, have kindly consented to tell their story in the hope that it will help and encourage those who find themselves in similar situations. They truly make inspiring viewing. For times of showings call any of our centres (listed on next page.) You will be most welcome.

FOR A FULLER UNDERSTANDING OF THE PRINCIPLES OF THIS SYSTEM SEE PAGES 1 & 2, 12 & 13.

Personal Accounts from

A New Life

I have been attending the holistic therapy for some time. I first attended with my wife who was too ill to come alone. She got phenomenal results overcoming various illnesses that had reduced her quality of life to nil.

For years I had suffered with a bad back and had resigned myself to the fact that I would never be able to do any work that required a lot of physical effort. I was so used to this ailment that I didn't mention it to the therapist. Miraculously in a very subtle way I could feel the strength coming back and the pain lessening, to the point that last year I sheared over 500 ewes single-handed. The feeling of satisfaction was tremendous. In my private life my marriage has been strengthened to an unbelievable degree. Today I am a better husband and a better father than anyone could ever have imagined. From a personality point of view I have



Seamus Campbell

now. I feel good about myself. I am very happy within myself and have a very positive outlook. I speak in public now without a second thought. Life gets better and better all the time. I cannot bear to even imagine for one second what my life would have been like if I had not stumbled across the therapy.

Seamus Campbell. (Dundalk.)

become a much more complete person. I was always the shy insecure type with a massive inferiority complex and was constantly depressed. I believed that life had dealt me a bum deal... all this has changed

Panic Attacks

Last November I began to feel very lonely and had a lot of panic attacks. I also worried about everything. I tried to overcome it myself but just could not fight it.

Last year I had attended a Yoga Class which I really enjoyed. I had got a Blueprint Paper there, I read the paper and put it away.

In early December, I started to go to the healing therapy and since then I feel just great. I do not worry as I had before. I have great energy. I am back to my old self and see life in a different light. I want to thank you. Teresa, (Waterford.)

Asthma

Last summer the doctors put my son Barry on cortisone, twice a day. He also used a reliever. He had put on a lot of weight, his asthma was getting worse. We decided there had to be another way.

After just a few weeks attending the therapy there was a noticeable change for the better. We took him off the cortisone. The therapist also advised a certain diet. We went twice a week from October to Christmas. The change was amazing. Barry lost all that excess weight, looked healthy and was healthy. His breathing improved in a dramatic fashion. His quality of life improved to such an extent that you wouldn't recognise him as asthmatic at all. Barry plays the saxophone and his music teacher was amazed at the improvement. He swims, plays tennis, football, baseball without any problem. He is a much happier child. Thanks to everyone in the Bray centre for their help. Tom, Dave, Colette - thanks. Keith Ryan.



Barry Ryan

Pneumonia

On St. Stephen's day my daughter Jenny aged 6 was taken into hospital suffering from pneumonia. She suffers from asthma from time to time and had had pneumonia twice before.

On previous occasions when she came home from hospital, after treatment with antibiotics and steroids, her chest was completely clear. This year, however, the day after she came home the symptoms started again, worse than they had been before she went to hospital. I was afraid that we might not make it to the hospital where her records were, as we were staying with relatives.

Jenny



I rang Eccles Street and the therapist kindly said that she would see her. Afterwards as soon as we got into the car to go home Jenny fell asleep and the wheezing stopped. She slept until the next day and when she woke she was perfect and has not needed any medication since. I find this result truly amazing and am very grateful. Many, many thanks, Mary Grogan.

Comments from people attending self-healing classes

Stephen Timoney

I used to lack confidence and found it hard to relax. Since attending the classes all that has changed. Life just gets better and better.

Stephen Timoney

Barbara Oliver Matas

I came to Ireland a few years ago with no direction in life and was very mixed up. I joined the classes in Cork and have received tremendous benefit from them in every area of my life.

Barbara Oliver Matas

Noel McSweeney

This system has allowed me to live life with a new level of freedom - free from what people think of me and I can shine out my new found energy to the world without being afraid.

Noel Mc Sweeney

Nuala O'Halloran

My family and I were caught in a hurricane and were lucky to escape. Since that traumatic event I have suffered from panic attacks, depression and insomnia. Since coming down to the centre that has all been put behind me and my whole life has changed for the better.

Nuala O'Halloran

Bébhinn Zeidler

Since I started coming to the centre I have given up alcohol and stopped taking drugs. I have a totally new direction in life. I feel much healthier and happier and I know that anyone in the world can make that change.

Bébhinn Zeidler



Group who attended Healing Therapy in our Cork Centre
 1 to 4 (Back) Stephen Timoney, Barbara Oliver Matas,
 Noel McSweeney.
 (Front) Nuala O'Halloran, Imelda Farrell (therapist)
 and Bébhinn Zeidler.