

Empowerment Day Spa: A Day of Serenity, Enlightenment, Healing & Transformation

All you need to bring is an open mind and heart, and a willingness to welcome and embrace possibilities and change.

Full day from 8.30am to approx. 4.30pm.

A Day dedicated to only YOU. Treat your body, mind and soul to a transformative experience. Prepare yourself for a journey into your deepest self and beyond.

The experience will include an incredible 90 minute massage – a nutritious, delicious light snack – preparing for your session by setting your session intention - being guided through powerful relaxation techniques and breathwork, that will take you deeper and deeper into a state of deep relaxation, into hypnosis.

You will be completely safe and aware – you'll hear, speak, feel and interact with me as your guide as you connect with your subconscious (SC), while your analytical, critical, conscious monkey mind, takes a little holiday. You are completely safe as everything you'll experience will merely be a review of past events; and, if your SC takes us there, of your other lives.

You might like to imagine it like a very lucid dream. While the experiences in such dreams can seem very real, you know that you will wake up in your warm, comfy bed absolutely fine.

While every session is very personal and individual and we can never tell what comes up and what might transpire, you'll connect with your all-knowing higher self, which is often accompanied by members of your soul family, your guides, angels, and passed loved ones, which we can ask to assist; to walk alongside you on this profound journey of discovery and learning, if you wish.

The aim of this session is to uncover and understand the root-cause, the origin of what is ailing, troubling you, or holding you back in some way.

Understanding is power. It allows us to take control, to choose to let go of things that so obviously don't serve us in the here and now.

The hypnosis techniques I use as we explore the reasons for presenting issues is Rapid Transformational Therapy, which in itself is a hybrid therapy, with elements of Quantum Healing Hypnosis Technique (QHHT).

With RTT we command, instruct and direct our subconscious mind to let go and heal what needs healing. The QHHT method is a little different, a little more spiritually connected and focused, in that we also ASK our higher self to facilitate healing (rather than command). Both techniques can work beautifully together. It's all about connecting, dialoguing and communicating with our higher self (SC).

I started out as a pure RTT practitioner, but working with my clients, I have found that while nearly all limiting or negative thoughts, behaviours, and habits blocking us from being our best selves and living our best lives originate from real or perceived traumas in childhood, sometimes there is more to it.

More and more I discovered that quite often these childhood experiences are recurring patterns brought over from previous lives into this incarnation. We may be on what is called a [Karmic Wheel](#). It's clients themselves who taught me this and provided the proof and validation that we are in actual fact souls having human experiences. While I have some memories of past lives myself, and there's been 40+ years of studies and recordings of past lives and Near Death Experiences (NDE's) by pioneering hypnotherapist Deloris Canon, and many others, experiencing my first client past life memories were surprising (to them as well), and profound, to say the least.

Past Life Regression Sessions were never my focus, but I've been taken in this direction completely organically, simply because past lives are where more and more clients have been going to when instructed to find the origin and cause of their issue.

If you don't believe in past lives, that's totally okay. All I ask is that you trust the process and are open to whatever comes up for you. You may only go back to an event in childhood or another time in this life to find the answers to the questions you are seeking. That's the beauty of being able to toggle back into RTT techniques, should that be the case.

ITINERARY

MORNING – 8.30am to approx.. 12 noon.

We will meet at my Yandina premises at 8.30am.



So, that you can start relaxing straight away, I will chauffeur you to the first stop on your special day's journey to enlightenment, healing, empowerment and transformation.

I will introduce you to the wonderful Tori, an extraordinary Intuitive Body Worker around 9am, who will soothe your body and soul with her magical hands, calming and healing energy. You will enjoy an individualized 90-minute massage, as Tori

intuitively tunes into your needs, physically, emotionally and spiritually.

This is a great time to just BE. Set your intention for your session with Tori. Then relax and let go. Set your intention to gift yourself this time without guilt, because you know that you deserve it! You give yourself permission to enjoy this time unconditionally.

Focus only on Tori's touch and become aware of how your body responds. Feel your muscles relax and feel your mind relax. Anything your mind sees, hears or senses, take note, then let them go without attachment or judgement. Feel the waves of energy in your body as the shift and healing begins.

As you no doubt will feel like you are floating on air and slightly high in a wonderful way, I will pick you up at 10.30am to drive back to Yandina. You can keep your eyes closed, stay relaxed, enjoying the sensations, the afterglow of your first experience on this day.

Feeling so relaxed and loose will set you up perfectly for the rest of your special experience.

Back at my premises, we'll enjoy a nutritious and delicious light snack to sustain us for the next part of our journey together. (Please don't forget to let me know of any dietary requirements you have).

During the break, we can revisit your primary wish; what it is you hope to gain from the session. We'll briefly revisit your list of questions (previously supplied to me) you'd like your higher self to address and answer for you.

Without the massage: Start time 10am (latest). Itinerary as per above (break) and may also include some life coaching elements and/or Reiki energy scan & healing.

AFTERNOON – approx.. 12noon start.

Session

- Going into hypnosis:
Relaxation/Visualisation/Breathwork
- Body Scan to identify any physical or emotional issues or blocks - where they are felt in the body. Ask the SC to address and resolve the identified issues.
- Exploration of Past Lives to reveal any unresolved karmic issues connected to issues being experienced in the present. Acknowledging challenges/unresolved issues in each life relevant still today. Understanding the significance of these experiences. Closing each past life.



- Connecting and dialoguing with higher self (your soul family, guides, angels, passed loved ones, whoever is accompanying your higher self). Now we go through your listed questions one by one and ask for answers, insights and healing most beneficial for your wellbeing and highest good, that are aligned with the intention you set.
- Expressing Gratitude
- Coming back to the Present
- Debrief

An electronic audio file of the session will be made (with your permission) and available (without the induction part).

While you will be aware of the information that comes through during the session, it is impossible to memorise everything in detail.

The audio will allow you to review all the information that came through as often as you wish. The more you listen, the more you'll learn about yourself, life and the universe, and the more you hear the insightful, valuable information that came through for you, the more this knowledge is downloaded into your SC, where it becomes your knowing; your truth, because that is what it is.

Please bring an unused or empty USB stick. Min. 16GB or larger.

OFFER

Up to 8 hours Normally, \$850. Current Special Offer \$665

Without massage normally \$720. Current Special Offer \$550

A copy of the Session audio is included in the fee.

You will obtain the knowledge of how to self-treat specific body pain using the visualisation techniques experienced during the session.

Some clients feel confident in practicing what they've learned without aids, but some clients prefer me to create a special guided-hypnosis audio for them, as they find this more relaxing and effective.

Creation of a personalised Guided Healing Self-Hypnosis Audio, specific to physical issues/pain \$50

When practicing self-healing, please remember to apply this treatment daily for a minimum of 21 days, or until the pain has receded.

Please don't hesitate to talk to me about a payment plan if needed.

To discuss further and book, please email me at maike@mindpowertransformations.com or text or WhatsApp me on 0412 583662 and I'll get back to you as soon as possible.

