

WHAT IS ROOT-CAUSE THERAPY?

"There is a voice that doesn't use words. Listen!" ~ Rumi

Root-Cause Therapy is a powerful therapy which assists people in getting to the Root-Cause of their current presenting issues. Negative self-talk, unhelpful habits, fear and undesirable behaviours, and procrastination from low self-belief usually stem from painful and events in the past (*which includes this lifetime, past life and/or genealogical*).

Trauma happens when an overwhelming demand is placed on the physiological human system. The cause and magnitude of trauma is different for everyone and includes adverse childhood experiences, major life-threatening situations as well as more subtle events. Trauma affects all our systems – cognitive, physical, spiritual and social. Many of us carry traumas we are not even aware of!

Holding onto trauma (often unconsciously) may lead to health concerns such as auto-immune problems, heart disease, diabetes, addictions, mental health issues, chronic stress, feelings that life is out of control, social disengagement, anxiety and depression, PTSD. If traumas are not addressed, there may be triggers that affect us detrimentally. Clearing the emotions that become stuck in us during traumatic events can bring relief, and open the door to improved wellbeing. It's time to not only talk about these issues but to start to heal them at a deeper level from where *real* long term change is possible.

The power of Root-Cause Therapy lies in the way it works on *all levels* of our mind ~ our sub-, un-, and conscious minds. This means that automatic learnt behaviours can be accessed. Talk therapy works only on one level of consciousness, whereby a lot of our behaviours and emotions and why we do what we do, the reactions we have, come from a deeper sub or unconscious level. If you try positive thinking and tools on a conscious level it doesn't always shift those things that need to be released on a deeper level; finding the original Root-Cause is what we are doing in Root-Cause Therapy, thus healing painful events and trauma, including those from past and ancestral lives too.

In each session we work with a 'Testing Sheet', which allows us to closely monitor subtle shifts and changes, provide tangible data and pinpoint priorities in each session, based on your goals.

Soo is also a qualified and insured counsellor and may draw on these skills as required to support the sessions.

What can Root-Cause Therapy help with? *

Has been proven to help with :

- Addictions (including alcohol, prescription medicines, pornography, gambling and other addictive substances and behaviours)
- Mental health (anxiety, depression, post-natal depression, bi-polar, PTSD, OCD, chronic stress, grieving and more)
- Known limiting beliefs / blocks in life
- Phobias
- A variety of health concerns

Preparation for a Session

There isn't a lot you need to do to prepare, other than:

- Be available at the pre-arranged time, assured on no interruptions (phone, kids, pets etc)
- Be hydrated
- Be open

The Healing Hangover

It is usual to experience what we call 'a Healing Hangover' that may last up to 72 hours following a session. During this time, the changes your soul has requested will fully integrate. You may feel spaced out, tired and/or emotional.