

## Vibrant Harmony Healing with Viviane Garbe



Do you feel stuck in life and wish you could achieve good health and wellbeing, find the right job or relationships for you?

Would you like to overcome or rapidly improve

- depression
- anxiety
- panic attacks
- post traumatic stress disorder
- phobias
- shyness
- lack of confidence
- low self-esteem
- learning difficulties?

Do you suffer from

- ME or chronic fatigue (CFS)
- gut problems
- IBS
- thyroid dysfunction
- hormonal problems
- migraine headaches
- cranial injury
- food intolerances or sensitivities
- pain?

Do you ever feel as though something is stopping you from moving forward in your life? That you attract the same negative patterns, issues or types of people, no matter how hard you try to change things and promise yourself it will be different next time?

Sometimes, we find it difficult to move on in life if we've had traumas, either physical or emotional, in our past or present. If they're recent, we find it hard to move past them, and if they're old traumas from our childhood, birth or even before birth, they have got lodged in the memory of our cells, paralysing us and stopping us from achieving our very best.

Common traumas are

- mother unwell or stressed during pregnancy
- difficult birth
- being a surviving twin at birth (65% of us were one of a twin)
- either parent wanted a child of the other gender
- being an unwanted child
- separation at school from parents
- abandonment if parents went away and left us at a very young age
- parents divorcing or dying when we were young

- losing a loved one
- traumatic accidents or operations
- relationship break-ups
- divorce

Contrary to common belief, these traumas can be cleared from cell memory through powerful goal setting and energy work. These may enable you to heal both physically and emotionally, so that you can take your life back in your hands and be who you were always meant to be, expressing your vitality and who you truly are. You can then have vibrant health, attract abundance of the heart as well as material abundance as you express your true essence, unencumbered by the baggage you were carrying from the past.

I have almost 20 years' experience of energy work and transforming people's lives for the better. I will lead you through a gentle, yet powerful process, to clear old traumas from your body/mind, thus enabling you to reach optimum health and wellbeing. Because I work at DNA and soul level, I am often able to help clients clear old trauma instantly.

I have facilitated deep health and psychological changes in people suffering from depression, PTSD, IBS, Migraines, and many other conditions.

To book a treatment with me, please e-mail me at [vhgarbe@gmail.com](mailto:vhgarbe@gmail.com) or telephone (landline) +441438880486 or (mobile/cell)+447814 987 099. Costs: First session: £165.00. This can often resolve very old trauma and facilitate deep and permanent shifts in clients, replacing many years of therapy elsewhere. One treatment can be equivalent to (usually more effective than) 1-5 years' treatments in another modality. Treatments usually are at least one month apart (often 6 weeks to 2 months apart). However, most people find they undergo a deep transformation after the first treatment and depending on the issue and depth of trauma, may not need to come back. Follow-ups or healing for new issues, continued wellbeing or self-development sessions are £75 per session. Usual length of treatments: expect the first to last one and a half hours, any follow-ups up to an hour. I also work remotely as well as on a one to one basis. Remote treatments are just as powerful, as there is no time or space in healing: it is instant.

As well as give healing treatments, I also space clear and harmonise houses and properties from negative energies, run spiritual development workshops and meditation groups. For more information on these, please go to this website [www.livingharmony.co.uk](http://www.livingharmony.co.uk) or <http://www.meetup.com/East-Hertfordshire-Meditation-and-Healing-Meetup>

I am a fully insured and accredited member of the AET (Association of Energy Therapists) which is linked to the BCMA (British Complementary and Medical Association).

Testimonials:

*"Within an hour of the session with Viviane, I went on with my day without any of the anxiety symptoms I'd been having or any of the horror scenes flashing in front of my eyes that had been plaguing me almost continuously since I'd come home from Afghanistan 5 years ago. I was able to focus on activities without the distraction of these flashes. The same evening after my session, I realised that I was able to finish a whole meal without wasting any of the food, and that same night, I was able to fall asleep without thinking about these war scenes. This was 1 month ago and I've felt like a new person ever since. The anxiety attacks and the nightmares have completely disappeared,*

*I'm feeling less tired, looking healthier and feeling much happier. I've been much more motivated to make a go of my life and find a job, and have even been offered 3 jobs since my session! I don't know what Viviane did for me that day, but it has given me a new lease of life and made me feel amazing! Thank you Viviane!" LG Ex-Serviceman*

*Viviane is a wonderfully skilled energy therapist and healer, with many years of experience in dealing with a wide range of physical, mental, emotional and spiritual issues. I have had many sessions with Viviane over the years and have always felt revitalised and in much better spirit after seeing her. I have recommended her to friends on several occasions and have received great feedback every time. She is also a very lovely person, very passionate about her therapeutic work, and always there when you need her. AS (Oxford)*

*"Viviane has knowledge of the seen and unseen and is able to heal at many levels. I have experienced this in totally recovering from a series of whiplashes and trauma. She has aided in my coming to terms with grief and loss and has made the world a kinder and more beautiful place. I hope she is always in my life and I will rely on her to help with whatever comes. With fondness and gratitude," JG in Kent*

*"Rape had left me traumatized, depressed and hopeless. It has been a month since the session and since then I have had no night terrors, and have not resorted to bulimia or fasting to deal with my troubles. Without Viviane's help I would still be living a ghost of an existence."  
LR London*

*"I can't express my gratitude for all Viviane's work in my family, not least for another son who had dyspraxia and struggled to read and write. After the first session of Brain Gym he began to write fluently, and after the second he was suddenly able and keen to read thick volumes! He can now show his true ability at school and in his future career." Jane, London*