

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
- stress
- 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
- chronic pain from an old injury
- whiplash
- food intolerances or sensitivities
- pain?

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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 knowingly or unknowingly one of a twin, we can test if that was the case for you)
- 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 for any period of time
- 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.

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I have over 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, Pain from old injuries, and many other conditions. 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).

To book a treatment with me, please e-mail me at vhgarbe@gmail.com or telephone (landline) +441438880486 or (mobile/cell) +447814 987 099.

Your commitment to yourself:

First session: £175.00

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)

It is recommended that clients who wish to commit to their health, well-being and life transformation have a minimum of 3 initial treatments to fully give justice to their initial investment. These will be at an interval of 4 to 8 weeks, with telephone or email follow-ups from me between each treatment. Although major shifts happen in the first treatment, there can be possible emotional and physical detoxification and new issues showing up as a result, though it doesn't have to be the case. In any event, I will check how you are in between sessions or you can contact me if you need to.

Follow-ups or healing for new issues, continued wellbeing or self- development sessions: **£80**

Usual length of treatments: expect the first to last up to 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.

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My commitment to you:

I will accompany you in your transformation and will always be at the other end of the telephone or e-mail (at no additional charge) to talk over any issues that may have come up as a result of the treatment and possibly make adjustments to help you process if needed. When you work with me, we peel off layers of past issues every time we meet or I work with you. When these have been resolved, more layers may come to the surface for healing in follow-up sessions, when new issues, or other aspects of existing issues, which you may or may not have been aware of, show themselves.

Depending on the severity of challenges, the frequency of treatments may reduce to one treatment every 2 months after the initial 3 sessions or stop if the issues have been resolved. Using kinesiology muscle checking, I generally rely on the body to let me know when or if it is appropriate to meet again.

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 in the month following 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)*

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Testimonials:

"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 on 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

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 or

<http://www.meetup.com/East-Hertfordshire-Meditation-and-Healing-Meetup>