

Emotional Freedom for Everyone Course

Powerful inner work in a group

“For many of people, including myself, the idea of working on personal issues in a group setting is daunting to begin with. It was a scary thought to **expose myself** and talk about sensitive subjects in front of strangers, and I thought that sharing the time would mean a compromise and slower results. However I soon found out that working in a group makes therapy **much more powerful and effective**. It **magnifies and speeds up the effects** of our personal inner work.” - Liisa (co-facilitator)

What are the benefits?

Working in a group makes our inner work **much more effective** for several reasons: In a group we can **practice opening ourselves up** to other people in a **safe environment**. We quickly notice how similar we humans are deep down and how many others battle with similar internal issues, which makes us feel much less alone and isolated. Sharing begins to feel good and we **feel supported** not just by the person leading the group but by a whole group of people working together. Another benefit of working in a group is that it is often much **easier to see patterns, defenses and blind spots in other people**, which makes it in turn easier to see our own through these many **mirrors**. Many of our common triggers also come up in a group, and this is a good thing! In one-on-one work we can choose what to bring to the plate, but in a group it's impossible to pretend or hide for long... Group work makes the many benefits magnified:

Emotional freedom, ease and flow in life, more **fulfilling relationships**, deeper spiritual **connection**, and are just some of the reasons to dedicate energy into doing our inner work. Not to mention significant **relief from anxiety, depression, stress and trauma** – even disappearance of old pathological health conditions from hormonal dysfunctions to allergies and chronic pain. A wise man (my husband) once said: **“Let’s deal with our shit so that we can have a better life.”** It transformed my life inside out.

Is the group program for me?

If you are ready to really **shift something** in your life and gain **self mastery and freedom** over **anxiety or depression, chronic fatigue or –pain**, unsatisfying or unhealthy **relationships, painful emotions, stress or trauma** - then our **12 week group program** is for you. Even though you can often find **noticeable relief** after a session or two, **permanent results** come with commitment to **consistent**

inner work. All ages, genders, sexuality, cultures, spiritual beliefs etc welcome.

PS: If the idea of group therapy really **freaks you out...** then you definitely need to join! Let me explain: The less attractive the idea of a group is to us, the harder we probably find to **be ourselves** or **be vulnerable** in front of other people = **the more we will benefit** from group work at the end of the day! This is said a little cheekily but at the same time absolutely seriously.

What will the group program include?

Topics (theory and practice):

- **Emotional Literacy:**

How our emotions and limiting beliefs **affect our life, physical health, wealth and relationships**. How suppressed emotions get **locked in the physical body** and our cells / cellular memory, showing up as **anxiety, depression, stress, chronic pain, undesirable reactions, behaviour and difficult relationships and life struggle**.

- **Emotional Triggers:**

Why we get triggered and How to use Emotional Triggers in our favour to learn about ourselves, remove emotional blocks, heal old trauma and change undesired patterns

- **Trauma and Unconscious Defences :**

Gross vs subtle trauma. Emotional vs. physical trauma. What happens when we experience trauma and how it affects us. Uncovering unconscious material and releasing negative cellular memory.

- **Our Defences and how to spot them:**

Defence structures and their development.

- **Relationships and intimacy:**

Our undesirable relationship patterns and how to exchange them for more desirable ones. **Co-dependency VS.** true intimacy and connection -and how to create it.

- **Conscious Communication:**

Speaking our truth, taking responsibility, owning our emotions, setting healthy boundaries, asking our needs to be met. Uncover habitual and unconscious ways we manipulate and lie (to ourselves and others!) and why this never works in our favour.

- **Personal Responsibility vs. Victimhood:**

Finding the way to Freedom by taking Profound Personal Responsibility of our experience. Owning and letting go of our Victimhood.

- **Discovering our unconscious limiting beliefs / negative core beliefs:**

Getting to the core: Finding out what really beliefs about ourselves and the world have been running us unconsciously, and how to release them.

- **The Shadow Self:**

Getting to know and love our Shadow; the side of us that we do *not* want to own.

- **Self Love and what it looks like in action:**

From self sabotage and –punishment to genuine Self Love.

- **Discovering and Manifesting our Life Purpose:**

How to make our dreams reality.

- **Breathwork:** Use the body's natural mechanisms for releasing stress, emotional build-up and trauma.

- **Family Constellations:**

The hidden dynamics of our family of origin and how they unconsciously affect our relationships today.

The sessions will be ran in a **free format** and above outline is an example only.

The investment:

6 monthly payments of **\$100** / one time payment of **\$ 600**

When & where: Sundays 12 - 3pm, Manumission Yoga, 3b Victoria Rd, Paddington 2021

1st Session Sun 4th June

2nd Session Sun 25th June

3rd Session Sun 27th August

4th Session Sun 24th Sept

5th Session Sun 22nd or 29th Oct

6th Session Sun 12th or 19th Nov

Who is the facilitator?

Liisa Halme is a senior Yoga teacher, a registered Yoga therapist and an advanced Breathwork practitioner passionate about emotional work and personal transformation. She has been teaching yoga around the world for over 10 years and uses Yoga Therapy to help people with specific health issues. Liisa began exploring deep emotional work through a personal process and transformation and has been facilitating emotional healing as a Breathwork practitioner in her private clinic as well as running **Emotional Freedom** workshops for larger groups over the past four years.

Recommended reading:

“Facing Co-dependence” & “Facing Love Addiction” – Pia Mellody

“Family ties that bind” – Ronald Richardson

"The 4 Agreements" & "The Mastery of Love" – Don Miguel Ruiz

Contacts:

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“Emotional freedom is true freedom.”

