

THE ROOT HEALING™ SYSTEM



ROOT HEALING™

Clears your Thoughts
Frees your Emotions
Heals your Body

Instant Healing of Body Problems
is frequent but cannot be
guaranteed.

ROOT HEALING™ is a combination
of science and 'OLD WISDOM'.

In ROOT HEALING™ we do not fight
anything - on the contrary: we
accept everything *as it comes up*.

Accepting and validating
its existence on all levels
will resolve the deepest problems.

ROOT HEALING™ *realigns your body-intelligence*

What is this all about ?

THOUGHTS

**which stay in your head, come back
again and again and go in circles
are based on**

FEELINGS and EMOTIONS.

**Feelings and Emotions which
make you unhappy,
anxious, angry or sad,
let you feel unsafe, unworthy,
unloved or under constant stress
are based on**

MISALIGNED BODY INTELLIGENCE

**This Body Intelligence works with a
set of given 'Instinct Behaviors'.**

**Each of them can be in an active or
passive state: switched 'on' or 'off'.**

**If one of them has been switched on
- but the body is not allowed to obey
the instructions (to dramatize the
command) - it can stay switched on
for a long time.**

**This can create negative feelings
and emotions, trouble your
thoughts, and can eventually even
make you sick (Psychosomatics).**

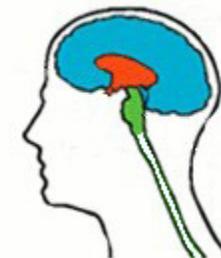
ROOT HEALING™ *realigns your body-intelligence*

The Basic Theory

It is all based on the TRIUNE BRAIN
theory of Paul MacLean and the old
wisdom of fully accepting and
validating a phenomenon, allowing it to
dissolve....

Thoughts are part
of the **Neo Cortex**
(the Big Brain),

Feelings and
Emotions are part
of the **Mammalian
Brain**



Survival Instinct
Energies (SIEs) are part of the oldest
brain: the **R-Complex.**

Here we find the reaction patterns of a
little animal, like a lizard or a snake:
to run away and hide, to attack and
fight, to eat and engage in procreation,
etc.

They stem from the basic Cellular
Response Energies (CREs) of 'fight',
'flight', 'freeze' or 'find' - the basic
'reach and withdraw' of life.

Validating thought by thought, feeling
by feeling opens up the access to the
switched on SIEs and CREs. Fully
accepting and acknowledging each
of them, switches them off. End of
problem.

Can I do this?

Yes, you will learn very quickly and completely naturally and by itself how to validate (feel and fully accept) an upcoming thought, feeling or Survival Instinct Energy and let its 'charge' flow out.

But also the coach can and will help you with this. In this process he is able to 'discharge' the problems with- and for- you.

Is the result permanent?

Yes. Once the SIE (Survival Instinct Energy) and the CRE (Cellular Response Energy) are recognized and discharged the result is permanent.

Confidentiality

ROOT HEALING™ can be done 'blind':

You are not asked to tell any details of your private life. If you cannot get over a break in a relationship a few years ago - then this is ALL we need to know. We do not need to know 'when', 'where', 'who' or 'what happened'.

Besides this every ROOT HEALING™ Practitioner is bound by the code of ethics for counselors.

What people have experienced

.... the pain in my knee which I had for 14 years vanished in the session! - it is unbelievable! This process simply asks the right question at the right time and leaves you amazed with what happens.

Rolf P. Switzerland

I once nearly drowned in a swimming pool - and since then I could not go in the water anymore. I simply panicked. - In a ROOT HEALING™ session of 40 min. we discharged all the thoughts and feelings connected to it - accessed the Survival Instinct Energy (which was 'Freeze' - holding the breath and stop everything...) - and to the astonishment of my friend, who had already given up on me, I now enjoy going snorkeling with him every day of my holidays in Langkawi :-). Thank you.

Doris S. USA

After the last session I went 'quiet'. All the thoughts did stop. My anxiety is gone. I am not worried anymore. It's a feeling I have not known since I was a little child. Thanks. Everything is much easier now!

Gisela F. UK

I don't know if I can say this here, but all my bodily functions have markedly improved.

Peter H., Germany

You will probably have to try it out to believe it

"The gains of one session of ROOT HEALING™ can be equivalent to several years of conventional Psychotherapy."

You have been given this information by:



www.roothealing.org

[The Personal Empowerment Project Forum for Independent Life Coaches](#)

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Picture: Charging and discharging poles of a sun, by Walter Russell