

Deep Impact Method

Communication:

How to use targeted communication to help people around you supporting you in your grieving process without being afraid of losing contacts that are really important to you.

Intuition:

How you can develop a sense of your intuition and use it to gain clarity about your true needs.

Beliefs & feelings/thoughts of guilt

How to direct your thoughts so that they no longer work AGAINST you but FOR you in the future.

Emotional freedom:

How to process your pain of loss easily and quickly and experience a new dimension of love for the ones you lost that will completely fulfill you.

Mourning structures:

How to give your grief the framework it deserves and simultaneously your life the space it needs to be rebuilt.