

EMOTRANCE TRAINING

ONLINE TRAINING VIA ZOOM



Healing, releasing and transforming our emotions has never been simpler. All we have to do is pay attention to our body's language and ... soften and flow!

The best way to learn EmoTrance for stress release is at a live workshop or training with experienced EmoTrance Practitioner and Trainer, Lauren.

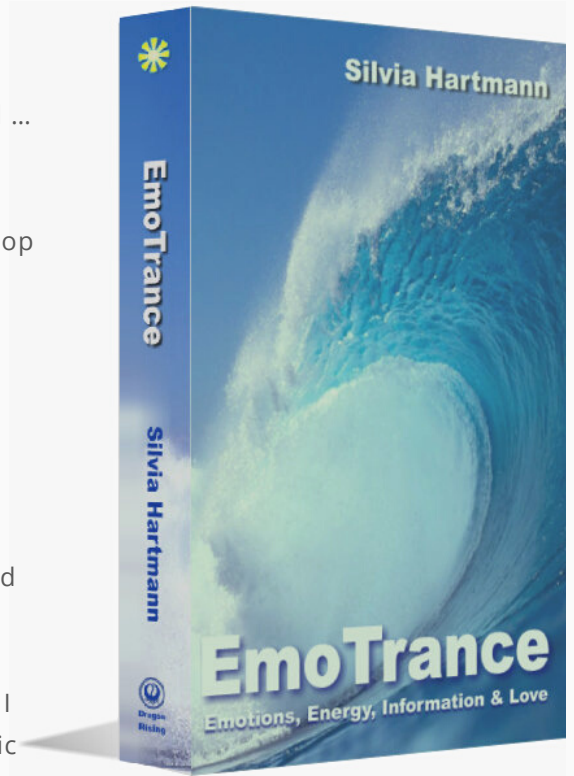
Lauren's EmoTrance trainings are in done online via Zoom.

We all get stressed from time to time in our busy lives due to work, family, relationships, the world around us, difficult events. Releasing emotional stress is so much easier than we ever thought. We just need to pay attention to our body's language.

When we feel an emotional response to life we simply ask: "where do I feel this in my body?" We pay attention and start to heal this 'energetic injury or disturbance' using thought or 'intention'. Energy softens and starts to flow immediately.

We feel it spread through and out of the body, pressure releasing leaving us feeling relaxed and clear. It's simple, natural, logical and it works. No special talents are needed except being human and having the desire to heal, to change and to be free. We call this simple process EmoTrance for TRANSforming EMOTions. Learn EmoTrance as a skill for life or a simple tool for integrating into your healing practice.

Learn The Simplest Energy Healing Modality in the World
EmoTrance Self Help and Practitioner Training | Certified by The AMT



Course Information & Schedule

DAY 1

EmoTrance Theory Demonstration and Practice

- EmoTrance as Energy, Emotion, Information and Love
- The Even Flow and Energy Nutrition
- Demonstration and first exercise

Transforming Incoming Energies

- Learning to transform your response to incoming energies of life, such as criticism, words that hurt, insults and judgements, and become energized and strengthened and resourceful instead
- Learn to transform your emotions
- Learn to help others transform their emotions

Changing Beliefs and Concepts

- Understand the energetic nature of beliefs, words and concepts, and how we can change our relationship with these concepts, change our beliefs with ease with EmoTrance

Your Creative Template and The Heart of Energy

- Discover, experience and understand your Creative Template
- Identify your path towards The Real You
- Understand the importance of the heart energy center
- Learn how to heal the energy heart
- Learn how to feed and strengthen the energy heart

Energy Nutrition

- Experience the power of deeply receiving recognition, praise, compliments and love
- Understand the importance of Energy Nutrition and its importance in life.
- Understand how to tap into the oceans of energy around you and receive deeply in knowledge, experience and energy ecstasy.

Course Information & Schedule

DAY 2

EmoTrance as a Practitioner

- The Client-Practitioner Co-Joint Healing Dance

Experiencing your Client's Creative Template

- Hands on and hands off healing and legal responsibilities
- EmoTrance by Telephone

Shields and Barriers

- Understand what shields are and the problems they cause
- Learn how to identify different kinds of shields
- Learn how to safely dismantle a shield for reconnection

EmoTrance Theory and Mastery

Review of EmoTrance Theory

- Hard energy
- Energy mastery techniques to accelerate healing

The EmoTrance Practitioner Session

- The client session
- What you can and can't say
- Soothing down with innocent energy
- Client homework suggestions
- Integrating EmoTrance into your practice
- Affirmations and EmoTrance

Course includes:

- 2 Day Training
- Training manuals
- Certificates

You can take your personal and professional development further by attending the advanced EmoTrance Practitioner Training.

For upcoming dates for this program, please check our schedule on our website, www.fear-busters.com.