

TAKE THE FIRST STEP TOWARDS WHOLENESS

REACHING FOR WELLNESS

Seeking help to understand your inner world and seeking professional support to heal it are signs of health.



In doing so, you release the inner victim and take full responsibility for yourself because you are capable of healing & growth.

It is your responsibility to grow!

Kaz Thorpe

And because you are unique....

No one approach is suitable for everyone. And even though you may be committed to your healing, your subconscious may seek to sabotage your efforts.

We have many tools and approaches available so we can find the **right** key to releasing your unique wellness & spiritual potential.



ENERGETIC HEALING

ALWAYS TIRED? STRESSED? LACK MOTIVATION?

REIKI, SHAMANIC, SOUND, CRYSTAL AND PHYSIO-PHYSICAL HEALING may be used to remove energy blocks due to accidents & surgical shock; restore vitality & promote healing of the body; release emotions without the need to relive them. Energy healing importantly maintains good health by clearing & balancing your CHAKRAS, encouraging maximum well-being.

RESTORE YOUR VITALITY & ENJOY LIFE!

EMOTIONAL HEALING



You carry emotional imprints from the past & although they are not seen, they may have a negative effect on the way you live your life.

Suppress them though you may, negative imprints remain inside you causing unfulfilling & even destructive, emotional & lifestyle patterns.

Kaz Thorpe has many tools for effectively & comfortably healing these unhelpful emotions.

Therapies include:

- Thought Field Therapy™
- Hypnotherapy
- Past Life Regression
- Counselling
- Mindfulness Based CBT
- Energetic Imprint / Psychotherapy

SPIRITUAL COACHING

"Spirituality is a thing not alien to us. It has to be evolved out of us. It is always within us. And whether we wake up this spiritual instinct in us through outside assistance or by inward growth, ... It has to be done; if we want to do anything in the right manner, or to achieve anything that is going to exist." GANDHI

One of the greatest challenges for spiritual seekers today—is how to create a daily spiritual life and thereby integrate spiritual values and practices into whatever you do.



Over the course of six, monthly sessions, Kaz will progressively build your personal spiritual practice. Unearth your life's purpose. Discern your Soul Type and find your unique spiritual path. Define & embrace your own concept of divinity. Contact your spiritual helpers. Access your innate inner wisdom - Higher Self. Learn out about Psychic Protection. Understand how karma affects your life. Develop a personally suitable meditation practice. Discover the right career path. AND MORE.....

THOUGHT FIELD THERAPY™

TFT™ is a revolutionary new approach for healing. It takes minutes and is experienced immediately. Beliefs, values or thinking is not challenged.

- Eliminates fears, phobias, stress, guilt, anger, love pain, grief & depression.
- Relieves the 'source' of anxieties which are the real cause of addictions (food, alcohol, drugs, cigarettes).
- Helps you identify what you want in life & eliminate what blocks you from getting it.
- Relieves chronic physical pain.
- Overcomes self sabotaging behaviour & procrastination

KAZ THORPE



- **Advanced Diploma of Buddhist ...Psychotherapy** (Sophia College)
- **Diploma in Counselling/ Group Work** (Relationships Australia)
- **Reiki Master/ Teacher**
- **Diploma in Psychophysical Healing**
- **Diploma in Humanistic & Clinical Hypnotherapy**
- **Diploma in Relaxation Therapies**
- **Accredited Myers-Briggs Practitioner**
- **Past Life Regression Therapist**
- **Thought Field Therapist©**
- **Certificate IV – Assessment & Work-place Training**
- **Certificates—Meditation, Esoteric Bach Flowers,**
- **Energetic & Reiki Healing**
- **Spiritual Coaching™**
- **Tutor – WEA & Broadmeadow Community Colleges**

Professional Memberships

- Australian Reiki Connection Inc.
- Australian Counsellors' Association (ACA)
- Counsellors & Psychotherapists Assoc. (NSW)
- Australian Association for Psychological Type (Aus APT).
- International Institute for Complementary Therapists (IICT)

OUR SERVICES

We specialise in emotional healing -

- Depression
- Phobias
- Anxiety / Panic Attacks
- Relationships
- Addictions - eg Smoking, Gambling, Drugs.

We offer one-on-one Spiritual Coaching :

- Finding Your Life's Purpose
- Personalised Meditation Practises
- Releasing your Potential
- Intuitive & Spiritual Development.

Buddhist Psychotherapy and ...

- Mindfulness-Based Cognitive Therapies
- Personal Counselling
- Relaxation and Meditation Strategies
- Transpersonal Psychology
- Stress Management.

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KAZ THORPE

" COMPASSIONATE
& HOLISTIC
THERAPIES "

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