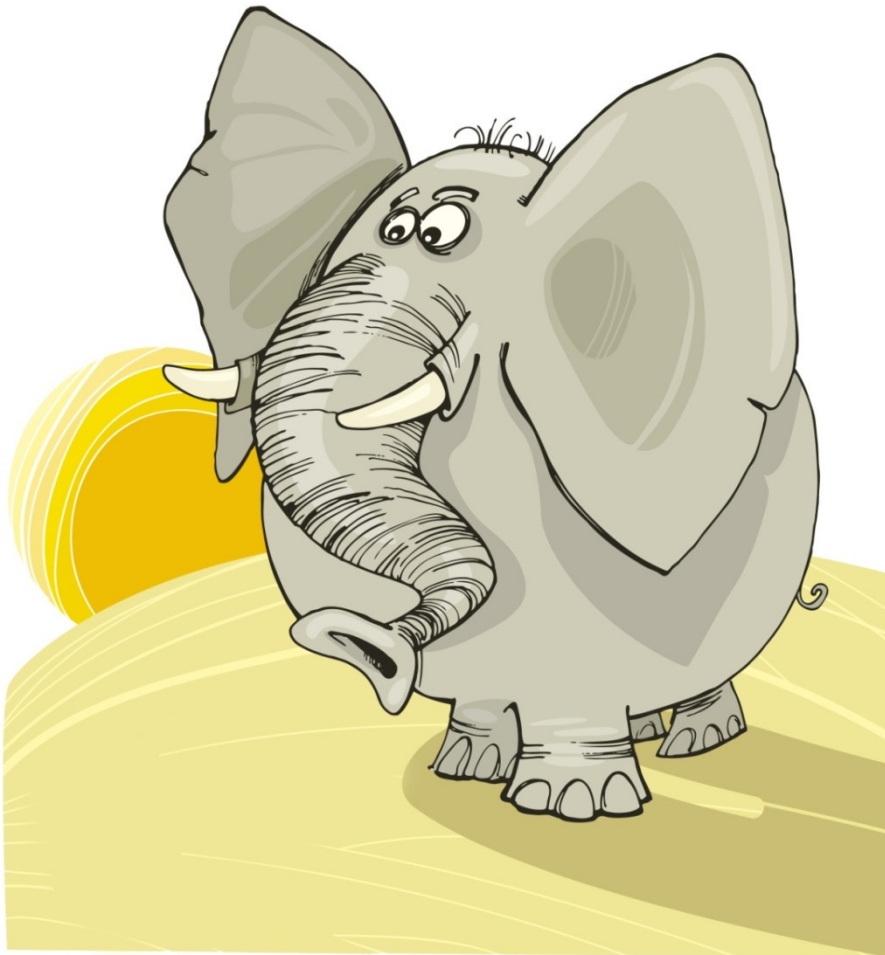


THE ELEPHANT

UNDER THE KITCHEN TOWEL

ENERGY MANAGEMENT FOR CONSCIOUS PEOPLE



BY LEA HAMANN

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For my clients who let me see their greatness.

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THE ELEPHANT UNDER THE KITCHEN TOWEL

An analogy that I often like to use in my work is that of an elephant under a kitchen towel. And it goes like this:

Throughout our lives we are trained to suppress our own energy, our individuality, our true greatness. We hide our uniqueness and become more or less "normal" - whatever that may be. But somehow something doesn't quite add up. Something isn't right. And so I compare the effort to hide your own greatness with the effort that's needed to hide an elephant under a kitchen towel - as you can imagine, it doesn't work so well.

Many of my clients laugh along with me at this image and recognize themselves in it. They also understand how exhausting and futile it is to conceal themselves. And how much more fulfilling it can be *to be more of themselves*, a bit more each day.

I invite you to unveil your elephant from under the kitchen towel.

Most people have accepted mediocrity. They believe that they haven't got any special talents and a right to abundance within their life. They believe that keeping occupied with their problems is enough. They further believe that it is truly impossible to begin something new.

I am not willing to believe this story. And so I invite you. I dare you. Let's talk about the elephant that you have hidden under the kitchen towel. Yes, I can see him. And you can see him too. Maybe it's time to stop hiding this elephant under the kitchen towel.

Sometimes it is necessary to find people who are not afraid of our greatness. Sometimes we need to feel that we are welcome just the way we are. Only then can we begin to be ourselves. Only then are we able to breathe deeply again. Even if this was not the case during our childhood, we can make up for it now. It is never too late to unveil your elephant from under the kitchen towel.

If you are ready to give your own strength and uniqueness (the elephant that you have hidden under your kitchen towel) more space - keep on reading. If you would like to learn to let your life force energy flow again instead of using it against yourself then you are in the right place.

"With great power comes great responsibility" movie 'Spider-Man', 2002

Each morning when we wake up a certain amount of energy is available for us. This energy wants to flow. Our energy only knows two states: either it is flowing or it is stuck. Energy that is stuck for an extended period of time is unnatural. We cannot suppress our life force energy permanently. If we block our energy and deny ourselves positive forms of expression our life force energy will find its own way. It will break open the prison of our life by force.

It is no wonder that human beings who have suppressed their energy for their entire life experience explosive outbursts. Their energy hasn't been allowed positive expression and therefore has had to find another way. The energy that frees itself during a temper tantrum is not really "negative". It's pure vibrant energy that has been suppressed for far too long before finally finding release.

Imagine that there's a wide river that holds a lot of water that isn't allowed to flow right in front of you. The water rises higher and higher and has nowhere to go. And new water is constantly arriving into the river that will also be dammed up. Can you feel the tense, repressive atmosphere? Now the water that simply wants to flow has become a scary threat. Consider for a moment the relationship that the human beings who live close to the river might have to it. The river could flood their homes and endanger their lives. Maybe you can picture how various experts are working around the clock to try to solve this serious problem. Higher and stronger banks are built to try to contain the water. The human beings who live in the vicinity also gather their forces to fight their enemy – the river. But what if the river could speak? Do you really think that he wants to flood whole villages? Maybe he would only say: *Let me finally flow. Set me free.*

Imagine that in a still moment one of the experts working on the situation hears the loving voice that sounds from the river. And maybe he is open to understanding: *Ah, you only want to flow.* And with this important insight his attitude shifts. Maybe he can convince his colleagues to listen to his innovative approach. *We have to open ways for the river to flow again and support him in flowing instead of damming him up.* And in time the river is able to flow again. The muddy stagnant waters clear and its harmonious balance returns. The tense atmosphere changes to an inspiring flowing. The residents learn to appreciate the river and a new trust can emerge between them again.

ENERGY MANAGEMENT doesn't mean anything other than taking responsibility for the flow of your energy. In the first 'Spider-Man' movie Peter Parker, alias Spider-Man, is taught by his uncle that *with great power comes great responsibility*. That doesn't only apply to superheroes but also to each individual human being. It is your task to learn how to allow

your life force energy positive forms of expression. That's the only way to use your energy for yourself and enjoy it. That's the only way to tap into your full potential.

The energy within us was feared for a long time. Your parents, your teachers and certainly some of your friends were afraid of your energy on an unconscious level. They were afraid of this perplexing energy that is pouring through you. And so it seemed much easier for you to make yourself small. You began to adjust your energy in order to stop aggravating others or attracting negative attention. In these moments it was more important for you to be accepted by your parents and your teachers than to be yourself. It seemed much easier to be less brilliant and stop frightening others. But a part of you fell by the wayside. The price of being "normal" has become so high that we can no longer afford it.

The joy that being yourself brings and feeling how your energy flows is beyond compare. I want to invite you to learn how you can bring your energy back into flow.

COMMON EXPERIENCES OF PEOPLE WITH HIGH ENERGY

Conscious people possess a huge amount of life force energy. This carries along with it some common experiences.

MOST PEOPLE WITH HIGH ENERGY EXPERIENCED REJECTION AS CHILDREN

Your parents and teachers were often frightened by so much energy. On an unconscious level they tried to get you to "shut down" your energy instead of showing you ways to use your energy in a creative way. It's time to take a new look at this rejection and free yourself from their judgments.

PEOPLE WITH HIGH ENERGY HAVE LEARNED TO BE INVISIBLE

Especially human beings with high energy long to fit in with others and appear "normal". They have learnt to make themselves and all their abilities invisible much like the good ol' elephant under the kitchen towel. Only a human being who is very sensitive or possesses high energy too can spot them playing their game.

PEOPLE WITH HIGH ENERGY USE PROBLEMS AS A KIND OF OCCUPATIONAL THERAPY

There are some people with high energy who have an interesting new problem each week. They keep so busy exploring solutions for their problems that they hardly have time for anything else. But the truth is that there's only one single problem: they don't allow their energy to flow. Their occupation with problems is just a means to get rid of energy. We can learn to find positive forms of expression. Problems are really boring in the long run!

PEOPLE WITH HIGH ENERGY NEED CHALLENGES

Place a human being with high energy in a routine desk job for years and frustration is inevitable. Human beings with high energy have to be challenged continually. Human beings with high energy will thrive in a position that comes with responsibility. It suits them to lead, to inspire and to bring New into the world. They are in their element when asked to speak in front of a group or manage a large project. As soon as they remember how much they benefit from these challenges their energy is able to flow again.

PEOPLE WITH HIGH ENERGY WILL BE CRITICIZED

Human beings with high energy bring in something new. And most human beings are afraid of change more than anything else. If we dare to let our energy flow again it awakens other human beings from their deep sleep. Criticism is just an indication that your energy shines brighter than a star. Learn to see criticism as an acknowledgement for your presence and your courage for influencing change and innovation.

HOW WE SUPPRESS ENERGY

Most human beings suppress their energy because it seems to be so much safer. Because of the rejection, disappointments and traumas that we have experienced, we lost touch with the natural flow of our energy. It's like we paddled away from the noisy river to a calm pool in order to hide from life. Many human beings remember that they were much more vibrant and expressive as a child. They also remember the rules, the punishments and the ineptness of the adults who wanted to tame their energy. *Think before you speak. Don't fidget - sit still. Why can't you just behave?* Suppressing our energy is like a custom that keeps being passed from one generation to the next.

When it comes to the topic of suppressing energy most human beings can remember two experiences in particular: *parenting* and *school*. Although structure can be valuable at times most forms of instruction took it to an extreme. Instead of showing children ways in which they can let their own energy flow many children were forced to restrict their energy. The special gifts that the children brought in with them were not understood or encouraged. Many children had an intuitive way of understanding things from a young age and were laughed at or scolded. These experiences led us to distrust our own energy and to hold it back.

You began to distrust yourself because you found that it usually wasn't about discovering your own way of doing things but about learning how to do things "right". It wasn't about being yourself but about being the same as others - a uniform "gray" instead of a colorful individual.

The rules and restrictions became embedded within us like small dams: *I can't sing. I'm not allowed to speak to strangers. I'll never be rich. I'm terrible at math. I shouldn't talk so much. I have to do it myself - no one wants to help me. I'm all alone. Nobody cares about me. I'm no good. No matter what I do it's always wrong.*

Many of us still carry around all these beliefs and our life force energy becomes weighed down. Usually there was nobody around during our childhood and youth who accepted us the way we are so we don't feel good about ourselves - there's always something that we think we must improve. Nobody ever told us how unique we truly are so we don't recognize our own talents.

It requires a lot of effort to suppress your life force energy - you probably waste eighty percent of your energy on this alone. Your mind works and works to remind you daily of countless rules and restrictions. Your muscles stay tense to hold back the flow of your energy. Your breath is not allowed to flow properly. This is the only way to suppress your life force energy. You have learnt it; learnt it by imitating adults in order to be a good girl or boy. But you gave up something in exchange - yourself.

This topic has received a lot of attention lately. There are people in this world who are now longing for themselves. There are human beings who don't want to distrust their own energy any longer but want to come into a natural flow with themselves. They want to move beyond the painful incidents that wounded them. They don't want to experience their life as a struggle anymore but as an expression of their vibrant life force energy.

We call this stage of inner growth an **AWAKENING**. As we become more conscious we reconnect with our life force energy. And we notice with great clarity the consequences of suppressing our own energy.

Suppressing our life force energy may become visible in various ways, for example:

- Aggression
- Temper tantrums
- Insomnia
- ADHD
- Physical disease
- Weight problems
- Poverty
- Depression
- Lack of motivation
- Fatigue, weakness
- Lack of interest
- Anxiety
- Addictions

Awakening human beings cease to worry about the various symptoms caused by suppressing energy and begin *to let their life force energy flow instead*. With this profound shift all of the other imbalances will rebalance and transform in their own time. That's actually what human beings mean when they say that they want to find themselves: *They want to learn to let their own energy flow again*. They want to let go of their old prison, their old way of being and come into flow again. They want to experience their own energy as something wonderful, something creative – no longer as an unwanted burden.

HOW ENERGY COMES INTO FLOW AGAIN

My soul welcomes me the way I am.

She invites me to breathe.

I surrender to Life. I accept the invitation.

My voice resounds

I am here.

The first step to having your energy flow again is longing for yourself. When it's not worth hiding anymore - then you're ready to get your energy flowing again. Your deep inner choice is the main requirement.

The return to the natural flow of your energy is actually so much easier than trying to hold it back. Flowing is the pleasant, natural way that we have forgotten. It doesn't require a lot of theoretical knowledge in order to return there. Let's keep it simple, it's foolproof!

At this point I'd like to invite you to heighten your sense for **FLOWING**. As for now we live in a world that loves to control and constrict everything we must first open up our sense for the state of flowing. As flowing is something that we cannot achieve by effort or thinking it might be difficult for many. For example, if you sit and pause for a while - do you notice that everything becomes a bit calmer? Your breath becomes quieter, your belly softer, your thoughts less noisy? That's when the flowing of your energy begins. While relaxing and reading a book do you connect with yourself a little bit more? That's also when flowing begins. Some people experience the flowing of energy while driving a car. They enjoy the feeling of being in motion and letting the landscape stream by. Music can also help us to let ourselves flow.

Next it is essential to let go of the limiting thoughts of your mind. Even if you have been convinced all of your life that you can't sing you can take a new **CHANCE** today. It is important that you take a new chance. Maybe your parents didn't give you the opportunity to express who you really are. That just means that you have to make up for it now and give yourself a chance. To give something new a try doesn't mean that it has to be perfect right away. It means that you allow yourself a chance to discover more of yourself. You are coming closer to flowing your energy when you begin to remember some joyful moments from your childhood.

Any activities that allow you **SPACE FOR YOUR OWN UNIQUE EXPRESSION** are beneficial. Not only art classes or dancing lessons provide space for your creativity. What about allowing some space for your own unique expression within your existing routine? Our breakfast is a canvas for our creativity. One day we have waffles, one day pancakes, sometimes porridge, then fresh fruit, eggs and bread, a warm soup or boiled fruit, croissants

- always something different. In the same way your office job offers you little openings for your creativity; even if it's only to start using another font for your letters or putting a fresh bouquet of flowers on your desk each day.

Your life force energy is like a curious child that is always ready to explore and master something new. This is great because it also helps us to move beyond the daily grind. It mostly starts with small things like using a new road to get to work, buying a new outfit, cooking a new dish, listening to a new idea, discovering a new webpage that interests you on the internet... and so on. However, if we settle instead for our familiar routines – because it seems safer – we stand still.

The creative energy within us is not looking for routine but for **LIFE**. If we look at nature we can observe that anything that doesn't keep on growing begins to die. Life itself is always growing, always changing. So once again, start with some small things and experience the joy in using your creative energy. Wherever you have held a desire and accept the challenge to now follow it your life will become vibrant. You'd like to buy a new bed? Why not! You'd like to learn a new language? Good idea!

There's a big difference between *forcing* yourself to do something new and simply *letting your energy flow*. For example take a look at a women's magazine and flip to the section where a new kind of exercise is promoted. How often do you read: *Just do it! Let's go! Don't stop!* This is force and it definitely doesn't bring your energy into flow. Only when you truly feel that your energy loves to move and wants some physical activity today can it start flowing. Only when you feel that a part of you sings and rejoices while you move consciously can your energy flow again. Although you might jog through the most beautiful forest if you're holding your breath and your face is showing your strain then your energy isn't going to flow.

Your energy will start flowing again when you begin to make peace with yourself, when you begin to accept yourself as you are. You are totally right. How can your energy flow before you are able to feel that? This is the biggest Yes that you can give yourself - the willingness to let your expression flow, the willingness to be your unique self, the willingness to be visible again - absolute trust in yourself. Now you are on the right track.

THE CONSCIOUS BREATH

Life force energy flows through our body with our breath. Our aim is to let this natural energy flow again. A baby breathes fully and deeply into the belly. We can observe that the abdominal wall is lifting and lowering visibly with each breath.

First of all *conscious breathing* doesn't mean learning a specific technique but simply returning to the natural flow of your breath. Depending on how long and how firmly you have held off your breath it may take a while until the flow returns fully. But each conscious breath you take is a step further in the direction of natural flowing.

Following are some suggestions that might help you to experience conscious breath:

WITHOUT FORCE

A typical response to resistance is force. So you might think that your breath will return to its natural flow faster if you breathe veeeeery deeeeply. Please don't push your breath. In fact using such force will hinder your ability to experience flowing.

FROM HOLDING TO FLOWING

The holding of breath gives us a feeling of control and seemingly safety. Most human beings feel more comfortable when they hold their breath. That means that you will have to get used to the flowing of your breath very slowly and very gently. Flowing means not to control or direct the breath but to trust it. Each breath knows exactly where it has to go. We learn to recognize the deep balance of our own energy again.

BECOMING SOFT

As soon as you allow the natural flowing of your breath old, stuck areas within you begin to melt. Everywhere that your energy was blocked wants to begin to flow. Imagine that you are a winter countryside that is beginning to thaw. The sun is shining, a mild breeze blows over the snow and with each breath the water begins to flow. *You become soft.*

INTO THE BODY

In some forms of breathing the breath is used to transcend the body and enter into another state of being. That's absolutely fine on its own but doesn't really allow stuck energy to start flowing again. The conscious breath helps us to *sink deeper into the body* – not rise out of it. This is a very important point: Each conscious breath should bring you deeper into your body. As soon as you become dizzy or you don't perceive yourself anymore you are on the way to leaving your body. Come back. And if it would make you feel more secure accept the help of someone who understands conscious breathing.

INTEGRATION OF TRAUMATIC EXPERIENCES

The natural flow of your breath will gently melt down old layers of stuck energy. Without ever having to concentrate on poking around in old wounds they will surface on their own when the time is right. Your whole being always strives to return to balance, including the wounded energies within you. They want to be released and return to the flow - you don't have to struggle trying to heal them.

CONTINUE BREATHING

When you notice painful energies breaking loose, for example if sorrow arises, it is best to keep on breathing. If we interrupt the flow of the breath we will only have to deal with these energies at some later point in time. The less we try to analyze it and the more we trust the natural flow the faster the wounded energies may be integrated.

SHORTER BUT MORE OFTEN

Ambitious beginners often make the mistake of taking on too much at first. It doesn't make sense to force yourself to do a hour-long breathing marathon. It is much better to do the breathing for only a few minutes but then again several times throughout the day. This will allow you to find a natural ease in your breathing. And the more you practice the breathing in different situations the sooner it will become a habit. So make it easy for yourself and keep your conscious breathing sessions rather short in the beginning.

SHORT GUIDE TO CONSCIOUS BREATHING

1. Lay down flat on your back or sit comfortably in an armchair.
2. Put your hand on your belly.
3. Breathe in and out through your nose. (Those of you who have a stuffed nose can also breathe through your mouth. But I would like to suggest as time goes by and you become more relaxed that you begin to use your nose for breathing.)
4. Follow the natural rhythm of your breath.
5. Become softer as you get used to the flow of your breath.
6. Observe how each breath brings you a little bit more into flow each time.
7. Keep the length of the conscious breathing practice session rather short in the beginning. Breathe more often throughout the day instead.

CONSCIOUS WALKING

Your life force energy wants to flow throughout your body. Next to breathing, this can be seen in physical movement. Have you ever noticed how lightly and joyfully children move?

Conscious walking is a simple way to get your energy flowing again. At the same time it connects you with your body and the earth. Conscious walking is not your usual exercise program where the object is performance and self conquest. The purpose of conscious walking is to come into a rhythmical and harmonious movement that allows your energy to flow.

Here are some hints that will help you to experience conscious walking:

THE JOURNEY IS ITS OWN REWARD

Find a route where you can walk between 30 minutes and one hour. It can either be a circular route or a straight path. The circular route has the advantage that you just walk forward without having to turn around and walk back. If possible look for a route that leads at least partly through nature. If you have difficulties walking look for an appropriate shorter route.

IT MUST BE COMFORTABLE

Put on shoes that are comfortable and loose clothing that gives you room to move and breathe. Avoid jeans that are tight around your belly and shoes that you'd rather not get dirty.

FLOWING MOVEMENTS

Our aim in conscious walking is to let our life force energy flow. The flowing of your energy creates the movement that carries you. It's not about making an effort – it's about coming into a flowing movement. That also means that we let our breath flow freely while walking.

OBSERVE YOURSELF WALKING

Do you spring forward without consideration for your body? Do you feel an inner pressure that drives you? Do you walk slowly –almost lingering? Do you walk in a straight line or do you dart from one side of the path to the other? Do you breathe softly while you are walking or does your belly become as hard as a rock? Do you stare at the ground or do you look ahead? Do you hold yourself upright or do you walk with rounded shoulders? Observe yourself walking and allow yourself to return to your centre a bit more.

SHORT GUIDE TO CONSCIOUS WALKING

1. Stand still for a moment before you start walking.
2. Take your first step consciously.
3. Look ahead.
4. Connect with your life force energy that joyfully anticipates taking your walk.
5. Breathe consciously and prepare to walk. Feel the energy supporting you.
6. Gently take the first steps and start walking.
7. The rhythm of your energy determines your walking speed.
8. Observe your body coming into flow. There is a lot of energy within you that has had to standstill for so long. Step by step let it flow again.
9. Feel the deep joy in moving. Feel the inner strength and clarity of walking forward. Be proud of yourself.

EXPRESSION OF YOUR ENERGY

Energy can express itself through our **BODY**. When we engage in light regular exercise our life force energy is able to flow again.

Giving permission for our energy to flow is the top requirement. Choosing to let our energy flow comes first; the external action comes second. Stretching, conscious walking and swimming are all wonderful ways to let your energy flow. Of course our body shows us if our energy is flowing or if it is stagnating. For example carrying extra body weight is also an expression of life force energy that is not allowed to flow. When the energy begins flowing again our body can restore a healthy balance.

Energy can express itself through **INDIVIDUALITY**. Our energy becomes vibrant when we accept ourselves fully. If you allow the challenges of your life and permit your power to surface your energy is flowing.

You can observe this expression of energy most clearly while watching children. The excitement of a child, the pure joy in playing and discovering – that is truly the flowing of energy.

Energy can express itself through **CREATIVITY**. Creativity begins when our body and soul may flow together. For instance while dancing we allow our body to move and our soul to express itself at the same time.

Our energy also flows when we allow ourselves to learn anything New. It is important to challenge ourselves frequently and to expand our horizon over and over again. Going to new places, trying out new sports or listening to new music, challenges us to grow. Often we only encourage children to learn and to grow but as an adult we tend to stop. And then we become anxious when one day we have to learn a new computer program or a new language for our job. But if we accept it and say yes we can experience how grateful our life force energy is to be able to discover something New.

The history of humanity is the story of evolution. Energy always strives to evolve and experience new areas of life. Can we trust this natural evolution again? Can we let our life force energy flow again?

DECLARATION OF LOVE FOR PEOPLE WITH HIGH ENERGY

I personally love human beings with high energy. They are interesting, they have character, they are anything but normal. Even more - I love human beings with high energy who have learnt to express their energy. They are the human beings who really bring in something New. They are the pioneers that go beyond the boundaries that no one else will cross. They are the human beings who want more from their lives and who dare us to accept more for ourselves as well.

Many children that are born nowadays begin their lives with very high energy. Before long all of humanity will have to learn how to let energy flow. It is the challenge of our era. What a beautiful thought that this knowledge will someday be taught in all of our schools.

Perhaps teachers will see themselves as those who show children the way to let their energy flow. Perhaps the schools and universities will become places that encourage the expression of the life force energy of each individual and assist in its unfolding. It's a wonderful vision of helping others to manage their energy instead of putting it away in the back of a drawer.

It all begins with you!

PEOPLE WITH HIGH ENERGY ARE PEOPLE WHO INSPIRE:

Cesar Millan
John Lennon
Rilke Leonardo Da Vinci Nina Simone
Douglas Adams Johnny Cash Jamie Oliver
Steven Spielberg Oprah Winfrey Byron Katie Buddha
Johann Wolfgang von Goethe Michelle Obama Dalai Lama
Will Smith Maria Magdalena Graf Saint Germain
Barack Obama Johann Sebastian Bach Deepak Chopra
Alanis Morissette Rudolf Steiner Mozart
Picasso Michael Jackson Gandhi
J.K. Rowling Eckhart Tolle
J.R.R. Tolkien Seth Godin Beethoven
Jeshua

ABOUT ME



I am very passionate about working with people. I love to watch others tap into their full potential. Since 2004 I have been doing this work professionally. I am very intuitive and good with reading energies so I see where things (or people) are stuck and help them to get their energies flowing again.

I also do channeling and work with the energy of Sophia, a feminine energy of great wisdom and love. Although I let Sophia's wisdom be part of all my sessions, I don't give

traditional channeled readings. In my opinion simply giving you information is not enough. When you tell a child there is no reason to cry because your soul loves you the child will probably keep on crying. But imagine someone who helps the child to feel safe, to open up and *feel* the tender love of the soul. You see, I want to make these connections where true change happens. So we go right into feeling and breathing and living everything others only talk about. Does that seem like fun to you? It does to me!

WHAT YOU RECEIVE FROM A SESSION WITH ME

My clients report that their bodies come back into balance, that they start their own businesses and it actually works, that their relationships become more fulfilling and their ability to have and receive money starts developing. They also connect with a deeper wisdom within them, I like to call it their *soul*.

My clients are people from every walk of life who are experiencing a shift in consciousness. This shift takes a lot of time and attention. I am here to assist with this natural change that is happening. Sometimes that means helping you to let go of old beliefs and releasing old wounds. Other times it means teaching you to reconnect with a deeper level of your own truth. We talk about believing in yourself, trust, receiving abundance and learning to ask your soul for everything that you need.

You can find more specific information about my sessions on my website.

WHAT I RECEIVE

Besides the obvious joy of getting to know you and witnessing you change your life, I charge money for my sessions. One hour sessions are 105 Euro and the package price for 3 one-hour sessions is 285 Euro. One of my clients wrote me recently to say:

"Since I've been working with you for some years now I realize that I can get through many challenges myself now, but I don't want to. Instead I am taking even more sessions. Two years ago I called you every other month, now I can allow myself this luxury every two weeks. The flow of abundance keeps getting more and more while I keep receiving more help and support. The more I feel that I am worth to spend money just for myself, the more money I receive."

MY WEBSITE

To learn more about me and my sessions - www.eelea.com