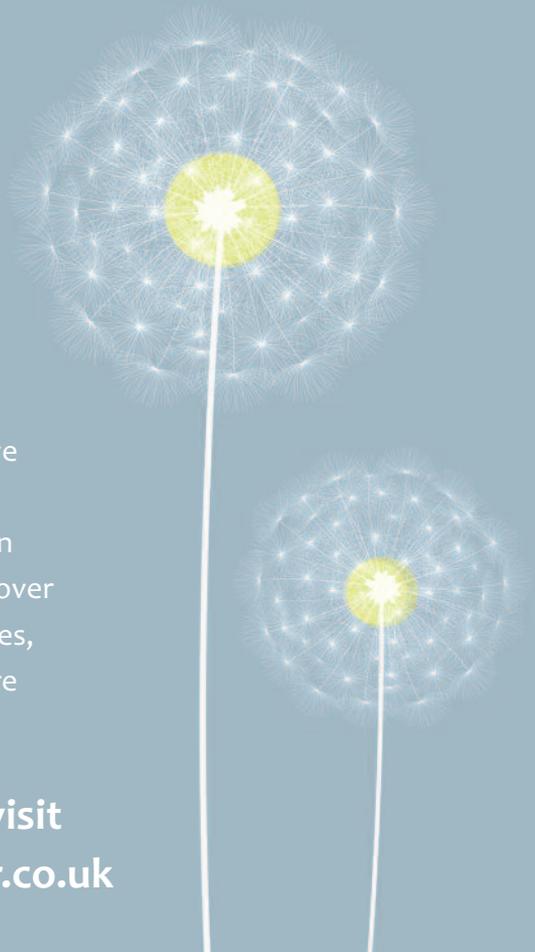


Living Lighter

*Would you like to feel happier,
healthier and more confident?*

Whatever you would like to change in your life, I have a range of exciting new therapeutic tools which can quickly and effectively uncover and transform the key issues, traumas and beliefs that are holding you back.

**To find out more, visit
www.living-lighter.co.uk**



“A highly recommended and profound treatment!”



Living Lighter

with Eleanor Hatherley

I use a range of therapeutic techniques which are simple but surprisingly effective...

With **Emotional Freedom Techniques (EFT)** we tap on acupuncture points on the body while talking about the issue. The specific wording and techniques that we use allow you to experience quite dramatic and lasting changes in how you think and feel.

Matrix Re-Imprinting lets you revisit old traumas in a very safe and painless way and to change how you perceive them, allowing you to release old patterns and to form new and more positive beliefs about yourself and the world around you.

METAMedicine is a scientifically-based diagnostic tool which helps us to find the specific events and traumas that are causing your physical symptoms.

I am very intuitive and the tools that I use are relaxing, gentle, safe, fun and effective. Based in the old conservation area in central St Albans, I offer you a peaceful and calming space to get in touch with yourself and to make life-affirming changes.

For more information or to book a session, email eleanor@living-lighter.co.uk, call 01727 839349 or visit www.living-lighter.co.uk

Testimonials...

"Working with Eleanor is effective, inspiring and fun all at once! EFT and Matrix Re-Imprinting are very powerful, allowing you to journey through your worst fears and beliefs so that you can change them. This can seem scary, but Eleanor carries you safely and often without tears through painful memories, helps you tap on them until they don't seem to matter at all whilst implanting clear simple new beliefs in your mind. It's great, I love it!" – BECKY

"EFT is an interesting alternative approach in helping to get to the bottom of a past experience, or a learned behaviour, which displays itself as either an emotional or physical disturbance or reaction (or both). I found the experience of examining my emotional relationship with food revelatory." – ALEX

"Eleanor is a fantastic therapist. She has a wonderfully warm and professional approach. During our sessions, I found her to be astonishingly intuitive, which helped to achieve powerful results. The therapy experience is extremely relaxing, and leaves you feeling calm and energised throughout the rest of the day. I would highly recommend EFT with Eleanor, as it has improved my physical symptoms, and effectively altered my perception of negative memories – a highly recommended and profound treatment!" – EMMA

- ♥ Do you want to feel calmer and more relaxed?
- ♥ Do you want to have better health and gain insight into why you are getting ill?
- ♥ Would you like your relationships with the people around you to work better?
- ♥ Would you like to think more positively and have more confidence in yourself?