



**ARE YOU FED UP OF THE WAY THINGS ARE? READY TO MAKE REAL CHANGES? WE'RE HERE TO HELP.**

Why do we keep repeating the same patterns, year after year? Same story, different faces? Have you ever wondered why positive affirmations and willpower don't seem to be enough?

Do you find yourself sabotaging your best efforts to make the changes you desperately want?

So often, we work with problems at either a mental, emotional, physical or spiritual level. Yet all of these energies are intricately linked. This means that if we only solve an issue at, say, a physical level, without addressing the underlying thought patterns or emotional habits that created it, it's likely to re-create itself.

*"Happiness is when who you are, what you think, what you do are in harmony."*

**Vibrant Energy Therapy** works with mind, body, spirit and emotions together, to bring them back into balance, setting you free from the old habits, limiting beliefs and fears that are no longer serving you.

## CLARE JOSA MEng MINLPT

Clare brings a practical, common-sense approach to working with you, having originally qualified as a Mechanical Engineer. In 2001, she left the world of manufacturing to study and teach personal development.

Clare holds the following qualifications:



- Certified Trainer of NLP (INLPTA)
- Reiki Master Teacher
- Formally Trained Meditation Teacher
- Vibrant Energy Therapy Teacher

*"Like alchemists, most of us spend a lifetime, looking for answers. Yet the real magic can't happen until we realise those answers were there all along, inside us. That's when we get to go beyond alchemy."*

*"My passion is helping people make simple changes that transform their life, to tune in to those answers and set themselves free, to be the sparkling diamond they really are."*



**Are you ready to set yourself free?**

## Vibrant Energy Therapy

To book a session or find out more:  
01725 518 434

or  
hello@beyond-alchemy.com

[Beyond-Alchemy.com/freedom](http://Beyond-Alchemy.com/freedom)





## SEARCHING FOR HAPPINESS, INNER PEACE AND FREEDOM?

### THERE'S A SECRET OUT THERE THAT COULD OPEN FREEDOM'S DOOR FOR EACH OF US - RIGHT HERE, RIGHT NOW. INTERESTED?

Inner peace, stillness, happiness - whatever you choose to call it - comes from knowing that, in every moment, we are totally free.

Even if we can't choose what we are doing or external circumstances, we are always free to choose how we respond - that's real freedom.

We all have beliefs, habits and thought patterns that make it hard for us to believe we can choose anything in our lives; that shut us down. And we don't even realise it.

So, instead of soaring like an eagle, our fears and unconsciously held beliefs mean we feel trapped - and anything BUT free.

**Are you allowing your past to shut down your future?**

We limit ourselves, based on past experiences and fears, or excuses, assumptions and worries about the future.

Freedom is about forgiving and letting go, so we can open our hearts to becoming who we really are, recognising our true beauty - the inner radiance we have spent a lifetime hiding.

All of this is within your reach - right here, right now. Freedom has been patiently waiting for you, all of your life.

The question is: **Are you ready yet?**

#### FREQUENTLY ASKED QUESTIONS

**Q** What is Vibrant Energy Therapy and how does it work?

**A** It is a highly effective, yet gentle, way of deeply releasing whatever has been keeping you stuck. Sessions are interactive and are uniquely, intuitively tailored to your individual needs. It works by releasing blocks in each of the four energies - mental, physical, emotional and spiritual, so that the old pattern cannot re-create itself.

**Q** What can I expect during a Vibrant Energy Therapy session?

**A** You'll start with some mentoring, to help you identify what is ready to be released and deal with the thought pattern habits or beliefs that sustained it. Then you'll receive powerful, yet gentle, energy healing, which is deeply relaxing. It might be a mixture of Vayu Reiki, sound healing or other clearing techniques.

**Q** How will I feel after a Vibrant Energy Therapy session?

**A** You will feel refreshed and revitalized, knowing that something has shifted. The mentoring part of your session will mean you take away a practical action plan for your changes, focusing on solutions that will work for you.

**Q** How many sessions do I need and what do they cost?

**A** Most people find 3 sessions are enough. Once you have booked, you have made a commitment to yourself. And if you pre-pay, you'll be giving your unconscious mind a clear signal that you *will* make the changes. Each session (£45) lasts for one hour.