

## Clearing out the past

"I know my first session won't be my last!"

I met Louise at the Wellbeing Live event in London. She has such an amazing aura that she instantly stood out to me, and I knew that I wanted to find out more about what she did. Louise is warm, friendly and intelligent &ndash; and free from prejudices.

After the event I arranged to meet up for a four-hour therapy session, where we covered techniques such as EFT and Timeline Therapy.

I found the Timeline Therapy a fascinating process. Beforehand, Louise explained that she would ask me whether the first instance of a particular situation happened in my lifetime, at birth, or before I was born. I internally scoffed at this &ndash; of course it had to happen in my lifetime! However, there was one particular element where I knew, without any doubt whatsoever, that the start of my belief system originated way back to my great grandmother. This had a profound effect on my experience.

There was another standout moment, when we went over a near-fatal horse riding accident I had. To my surprise, the tears started to flow and I had no control over them. Louise helped to go over this experience in more detail to others, and I felt intense relief from the situation afterwards.

All the advice and techniques seem so simple, which in turns makes them all the more powerful for it. You can appreciate how they work and the effects are often instantaneous.

I highly recommend Louise to anyone needing assistance in any part of their life &ndash; whether it is to overcome a difficult past, or to help make the future more positive.

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Heather Brookes