

Empowerment is all about Willingness to Release Fears and Emotions

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This is the second article of six, in which information is provided to explain the life changing self-empowerment help offered by Sue Maes and Beth Sutherland from the Achievement and Learning Centre. With years of expertise and practice, Sue and Beth coach and empower individuals (organizations and/or sales teams) to access and realize their true potential. Empowerment is all about willingness to release fear and emotions and re-evaluate beliefs to move forward in life.

Emotions and fears (new and old) or buried feelings can disrupt individuals in attaining their goals, even if they consciously desire to reach these goals. Does this sound familiar? Is there something (i.e.: goal) on which you are continually working - without getting the results?

In the last issue the topic was Brain Dominance and Lack of Integration. Integration is the first step, because when you are under stress, 75% of your non-dominant brain shuts down. Without integration, this causes you to react vs. respond to the issue. It can create innumerable difficulties in one's life and correcting that can be a life changing event.

Willingness is the next step. It can actually be measured, and it needs to be at a certain level before one is truly able to make the changes, or release fear or emotion. One has to have willingness to in order to make a shift. Sue and Beth will work with a client to balance them to ensure willingness is at the level that will enable them to achieve goals that were previously unreachable.

Fear can be triggered by many different things. It also grows, so a little fear turns into a larger one if ignored. Sue and Beth have learned how to release fears easily and effortlessly. This may seem too good to be true, but a session or two with them will prove how much they can help. It is completely mind boggling how they have simplified this.

A book recommended by Sue and Beth is Louise Hay's "You Can Heal your own Life". The premise is that these emotions and fears plant themselves into the body and affect the well being of the body. "Feelings Buried Alive Never Die" by Karol K. Truman is another reference. The diagram pictured here supports the same philosophy. Both Sue and Beth examine their clients past symptoms to ensure those thought patterns are released, eliminating the possibility of those symptoms returning.

Beliefs are also part of the process to empowerment. Many beliefs are programmed before the time we are nine. It is important as an adult to reevaluate beliefs to move forward as adults. To change a belief requires you to

collapse the old and embrace the new. Parental beliefs still exist in most adults – one that comes to mind is "money doesn't grow on trees". Our parents lack and limitation from growing up through the depression still has an effect on our generation and the next.

Sue acquired many certifications and teaching status in many 'New Modalities'. She then put it all together into an easy and effective way that gets remarkable results.

Beth began her understanding of the brain and the relationship with the body with Neuro- Linguistic Programming (NLP) in 1987. Since then, she has added many other 'Healing Modalities' (including Sue's teachings) in her quest to empower herself and others.

Sue Maes and Beth Sutherland make an extraordinary team. We are so incredibly fortunate to have their expertise and help at our fingertips. What they can do can transform your life, or the life of your child, or of your organization. Their understanding can get you to your goal and enable you to reach your true potential. They're there waiting to help you make your life better.