



Psycho-Kinesiologie

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What is Psycho Kinesiology? Psycho-Kinesiology is a simple and effective combination of bodywork and psychotherapy. You can stored in the subconscious emotional conflicts an awareness that can be resolved then. Often have illnesses or pain "unredeemed" mental or psychological causes. This in turn usually rooted in earlier traumatic events.

Physical symptoms can have different causes. A conflict of the past, for example, or performance pressure. The conflict "screams" for salvation. This can manifest itself when some of the "fed up", "a heavy burden on the shoulders feel", or "runs one of the bile." Such phrases may point to a conflict that is not so obvious on the surface.

How does Psychokinesiology? Psychokinesiology can acute at how to help chronic pain. It is suitable for example for pain, allergic diseases, metabolic disorders, but also for psychological problems such as anxiety, insecurity, depression, school difficulties, etc. The Psycho Kinesiology helps you work on your own personality in order to move forward on your own life.

With the help of the kinesiology muscle testing the practitioner comes into contact with the subconscious mind of the patient. In this way he comes to hidden conflicts or not mastered.

The most common reason why a trauma becomes a "unredeemed psychological conflict", is that we at the time of the conflict are unable to feel our feelings and / or express. So it can happen that caught quite a "trivial" event, the brain on the wrong foot.

We all have our moments of our childhood to old age, many conflicts. And the less we are caught in a situation to them, the harder they can hit us and left traces in the subconscious. It does not matter how long it is back - it can even decades pass before the first symptoms show up. During this time, can 'follow-conflict' obligations, which may lead to an intensification of symptoms. But even these "daughter conflicts" can with the help of psycho kinesiology "saved".

Helps with Psychokinesiology Events that may lead to a conflict are unredeemed soul, sometimes, as I said, even as banal as:

Birth of siblings, but also his own birth Change of school Specific behavior of a teacher Move Career change Onset of puberty Also true dramatic events can lead to conflict. Where dramatic events usually lead to a more dramatic symptoms, such as:

Sexual abuse Fear of death in a car accident, for example, Illness or death of a loved one Abortions Separation of parents The experience / survival of a war Addiction and dependency

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