

## ESSENTIAL HEALING Newsletter July 2024

Hello and welcome to my latest newsletter. I wish to thank all my clients that have had treatments with me during recent months/years. The intention with this newsletter is to keep clients and readers up to date on current events, promotions & product information related to Healing Services offered.

### **Nagarjuna Buddhist Centre Summer Fete Sunday 7th July 2024**

This year's Summer Fete at the Nagarjuna Buddhist Centre is on Sunday, 7<sup>th</sup> July 2024. It's a fabulous day for all and includes live bands, stalls, vegetarian food, face painting, ice cream, cake and coffee and much more! I will have a stall there with Aromatherapy products, Essential Oils, Crystals & Gemstone Jewellery and a variety of Natural Health & Spiritual books & products. This event invites a warm, friendly atmosphere and each year seems to improve upon the last. There are also hourly guided meditation sessions throughout the day. This is my 15<sup>th</sup> year; and is the best event! It is held at the Nagarjuna Buddhist Centre, Thornby Hall, Thornby, Northants, NN6 8SW. For more info, please visit [www.meditateinnorthants.com](http://www.meditateinnorthants.com) or phone 01604 743976. It is situated 2 miles south of A14 J1.

### **The Emotion Code, The Body Code & The Belief Code - what they are**

Earlier this year, I signed up for The Belief Code Training course, and I am pleased to announce that, with the help of 10 volunteers as case studies, I attained the qualification in May. I am SO Grateful to all those that have helped me to do this. Here is further information:

The Emotion Code, Body Code, and Belief Code are tools that simply and easily locate trapped energies, imbalances, and faulty beliefs within the body, and then help release them. Our bodies know what we need physically and emotionally. We simply use these tools to tap into that inner knowledge – empowering the body to thrive. Together they can treat the person as a whole. These three modules are a unique combination, each designed in its own way.

**The Emotion Code** mainly deals with releasing the emotional charge (trapped emotions) left over from intense events that have occurred that was unable to be dealt with at the time.

**The Body Code** is used to identify and clear imbalances in the energy system when your body reacts with signals that you do not yet understand. These include energies, structural, circuitry, nutritional imbalances, toxins and more.

**The Belief Code** is designed to remove negative belief systems that prevent us from living the life we desire. Belief systems are made of negative programs, limiting beliefs, faulty core beliefs, broadcast messages, images, trapped emotions, and more.

**Janet has 11 years of experience with the Emotion Code, followed by the Body Code and is now certified for the Belief Code so you can be helped in all areas.**

### **Essential Healing goes international!**

I now work internationally! Primarily in the UK and The Netherlands. Most of my work is online using video links via Skype or Teams, although I also work in person when possible. If you would like further information, please contact me using the details at the foot of the page. My phone number is 0044 7795 483462 (also WhatsApp), or 0031 6 34291617 (NO WhatsApp.)

### **How I recovered from a major illness - my healing journey**

I started my biggest healing journey nearly 30 years ago, after an illness that knocked me for six. I had Encephalitis, yes; that's a brain injury. Not through a knock on the head or a fall or anything like that. It started with a common cold; that turned into flu, then bronchitis and then when I still didn't listen to the signs, it went to my head - literally. Of course, there was some stress as well, which I believe to be one of the underlying causes. I was unable to walk, do things for myself or talk coherently, for a little while. I spent a month in hospital, had physio

and speech therapy to help me recoup, and the rest was down to me. I have also done my best to get on with life in spite of these initial challenges. No holds barred.

I was incredibly blessed, because I made a full recovery. The experience really woke me up. Though it did so gradually, in baby steps, because there was a lot of fear in the beginning. Worries of it coming back and possibly becoming worse; maybe ending up permanently disabled and more. You name it; all those silent beliefs tapping away at my unconscious without an escape route, at the time. I wasn't given information, because 30 years ago, nobody knew. How times have changed. Luckily in many ways, there is more awareness these days.

If I had turned back the clock and made a wish, I would probably say that I wished I had the tools and the knowledge that I have now. Regular work evaded me, I've had a number of temporary agency jobs, most were pleasant, though I never felt fulfilled. Until I discovered, after a small 'accident' (there are no accidents) that I really wanted to help myself and others heal themselves with natural healing tools. Always follow your dreams, no matter what.

After some pre-work in the late 90's, starting with Meditation, Self-Development, Crystals, Reiki, I began my Healing practice in 2007 when I qualified as an Aromatherapist, I worked and lived in Caversham, Berkshire at the time, and in 2008 relocated to Peterborough, Cambridgeshire. Many healing tools have landed on my path. I have placed my trust in the universe, followed my inner guidance and ended up where I am now.

Some of the most profound healing modalities that I have learned to date have been The Emotion Code, The Body Code and The Belief Code. There have been others, though these are my go-to tools that I still use today, over 11 years since discovering and becoming qualified with The Emotion Code in January 2013. Each modality works on its own, though are effectively Level 1, 2 and 3 of a greater healing model developed by Bradley Nelson at Discover Healing. In short, 95% of any issue that we have can be cleared. With the exception of genetics, broken bones, serious undiagnosed illnesses, and certain other medical issues that you would normally visit your doctor for, it is my belief that anything can be healed. (Please note, these sessions are not a replacement for a doctor's visit, if that is necessary.) With my 17-year experience as a holistic therapist; it has come to my awareness that many illnesses or causes of disease, are not even ours. Many have been passed through the generations, some going back 100's of years, absorbed energetically from others, and sometimes, even past lifetimes, if you believe that these exist (and if you don't, no problem, this probably won't come up for you.) And not forgetting the environment that we grew up in, from our experiences and our conditioning. These all have an enormous effect on the way we live our lives.

I have found that with my work so far with The Belief Code, that we are able to clear many deeper issues much faster (especially the deep-rooted, stubborn ones!), and more frequently than before, we are clearing the Generational lines. This is also possible with TEC and TBC.

**Leaflets are available for [The Emotion Code \(TEC\)](#), [The Body Code \(TBC\)](#) and [The Belief Code \(BC3\)](#), and if you are receiving this by email, then they may be attached.**

I am eternally grateful for the path that has led me to where I am today. And that I have not given up. I've done some amazing things in life. I've travelled, ridden a motorcycle for nearly 40 years, passed my car driving test at 50, run my own holistic healing practice, and more, mainly with a smile, a huge heart and a sense of humour. We all could do with a bit of perseverance, gumption and a bit of help sometimes, and if I can help you in any way, please let me know. I see you healthy, happy(er), balanced, abundant and well.

#### **Other services available:**

The following therapies and healing modalities are also available: Aromatherapy, Crystal Healing, Reiki, Access Bars, Energetic Facelift, [Psych-K](#). Further events and possibly workshops are in the planning. Further information can be found at [www.janetthornton.co.uk](http://www.janetthornton.co.uk) I hope that you have found this newsletter interesting. I look forward to hearing from you and perhaps meeting in person soon. **With Love and Warmest Wishes, Janet xxx**