

Cleansing toxins helps us shine our light



by Norma J. Hope
Certified Lymph Therapist

I have always loved this poem. Learning how to 'shine' in my own life, winning over fear, has been the biggest part of my incredible journey, darkness and light.

*Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond
measure.*

*It is our light not our darkness that most frightens us.
We ask ourselves, who am I to be brilliant,
gorgeous, talented and fabulous?*

*Actually, who are you not to be?
You are a child of God. Your playing small doesn't
serve the world.*

*There's nothing enlightened about shrinking so
that other people won't feel insecure around you.
We are here to make manifest the glory of the
universe that is within us.*

*It's not just in some of us; it's in everyone.
And as we let our own light shine, we unconsciously
give other people permission to do the same.*

*As we are liberated from our own fear, our
presence automatically liberates others.*

Marianne Williamson - Harper Collins, 1992

And how does a person go from fear or inadequacy (or even anger) running them to feeling powerful beyond measure, to shining their light? One step at a time with courage, faith and perseverance, as I did since 1997 and my clients have done since 1999. And the key is to 'start' somewhere or start again if you got sidetracked.

Start with what you know or maybe what you don't know. I want to know your chief concerns physically, emotionally, mentally or spiritually, as your therapist and coach. I started my journey with cleansing with Colon Hydrotherapy and Lymph Therapy because constipation/irritable bowel syndrome, headaches and immune issues were my chief concerns at the time. I didn't have a clue before I started that 90% of all physical symptoms were due to toxins but also underneath that are our emotional needs, keeping us in the dark or dimming our light.

Colon Hydrotherapy and Lymph Therapy cleanse toxins away, bringing a new cleanness and better function to the physical body, but the added bonus is they also start the cleansing and bringing to light of all your emotional needs or blockages that are preventing your true light to 'shine' - your real you.

And yes, there was a bit of fear before that first colon hydrotherapy session but I found (and clients always say) that after you get that first session over with (the mystery), it's so easy and you begin to feel that euphoria

deep inside, the first true stirrings of feeling fantastic, a new cleaner connection to yourself. It changed my life completely.

And those feelings of being brilliant, gorgeous, talented and fabulous are just waiting for you on the inside. We just need to find what resonates with you for a place to start, the best way for you to tap into that power and turn your light on inside, to get you all 'shiny'.



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Clearing away old programmed stresses that trigger us, (blowing out our light sometimes), is why Biofeedback Therapy is another great place to start or jump into anytime. It identifies your particular holding patterns, where the stresses are being held. It uses homeopathic frequencies to reduce your stresses of everyday living and even childhood trauma (being held and felt in your physical, mental, emotional and spiritual body on the inside). It moves you to a place of peace, a new calmness deep inside. You don't know how stressed you are, until you're not!

Norma Hope is a Certified Biofeedback Specialist, Colon Hydrotherapist, Lymph Therapist, Microcurrent Therapist, Life Coach, NeuroAcoustic Sound Therapist, and more... Call 780-477-1100 or go to www.lifesynergyinc.com

Note: This information is for educational purposes only. It is intended to supplement your current health program, not to replace the care of a licensed medical doctor. Please research all topics for yourself.

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