

Therapy Review

Divine Empowerment

Antonia Harman updates us on the latest developments

Divine Empowerment has continued to evolve at record speed. It was first featured in *Kindred Spirit* in summer 2013, and again in winter 2015. Since then there have been several breakthroughs.

What are emotions?

We have all seen a friend just after an argument. They are full of emotions: angry, sad and scared. The feelings are palpable. We can sense the pain as if it is our own. What's being sensed is e-motion or 'energy in motion'. It's a field of energy: a bubble that surrounds us when we get upset.

What if we could tap into that field and dissolve it in an instant – even traumas that have been left unresolved for decades?

As an example of trauma, one in five women in the UK reports being a victim of sexual assault. A single event can utterly change their lives and relationships on a conscious or subconscious level, affecting interactions daily. I can instantly erase the energy around those traumas via Divine Empowerment.

What to Expect

The client is asked to give a title to the situation, simply so I know what we are speaking about. No specific details are required. Then they tune into the emotions; they are asked to feel the pain. This is to open a door into the psyche. As soon as the door is unlocked, I can start to help clear the e-motion.



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Clients typically tend to feel peaceful and empty after a session. However, the facts remain. They are our history after all. But no pain is associated with them. Clients think about it and feel nothing. It's almost as if their own experiences had happened to someone else, or they might see their experiences as they might view those in a film.

Interestingly, it can feel numb; we are so used to animated emotions that peace and acceptance can feel numb.

WHAT IS DEPRESSION?

If feelings, especially anger, are generated regularly and left unresolved or suppressed, this can result in depression. Depression is simply anger cultivated over many years, which has been pushed down and left. To release depression all we need to do is clear the layers, one-by-one, until all the e-motions have dissipated. This can be done in a single session, in the unlikely event that it returns within a year, however, I can continue to work for free until it is completely resolved. I've even worked on suicidal clients; who after a single session have no signs of depression or suicidal thoughts at the end of the session or indeed months later,' says Antonia.

Background

I often consult Evette Rose's book, *Metaphysical Anatomy*, which is a fantastic reference book detailing the emotional 'whys' of disease. With it, I've been able to fully clear many chronic issues. Backache for example in a nutshell, it's to do with not feeling supported emotionally. Once these nuances are clear, this dis-ease can no longer exist in the body (as is true of any disease).

One of the more surprising healing episodes was when I managed to repair a fractured finger in a few minutes by clearing the emotions that triggered the event to occur.

I am often asked, 'Why do negative things seem to happen to good people?' I say, 'Life (and the body) are simply directing for schooling us to resolve our emotional hiccups. The severity of the lesson increases with the more wax we have in our ears. I refer to that as "A poke, pinch, slap... and then hit by a car." The car can often be a disease or a physical accident. The body is simply showing us where we need to direct our attention and clear our issues.'

Find out more

- Antonia offers online classes. Also on the website, there is a fully interactive 'users' area where you can learn at your own rate, join a community of like-minded souls, pose questions and give. Simply by watching videos, your natural, latent abilities will be awoken. There is even a free taster to get you started.
- If you have any traumas that are causing you pain or suffer from depression, or have other issues, why not look in for a private session?

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