

Enjoy a Happy and Healthy 2014 Thanks to Louise Richardson

Brits are amongst the most stressed-out people in Europe. This stress is not good for our emotional, mental or physical well-being, which is why an increasing number of people are turning to complementary and holistic therapies to manage their stress levels and their ailments. Louise Richardson offers Theta Healing, alongside more traditional counselling to get to the route of the negative, pent-up energy that is causing your emotional, mental or physical pain.



Louise's first career was in Pathology which she greatly enjoyed. She married and had two children and relocated to Leicestershire. Once her children were old enough Louise worked in education, eventually becoming a School Business Manager at an inner city secondary school in Leicester. However, she suffered an ME-type illness and had to 'retire' from this role. Louise told *Aspire*: "I've always had an open mind when it came to complementary therapies but it wasn't until I'd been seen by 12 different doctors and prescribed what felt like hundreds of different medications that I turned to it to help me with my illness. I had tried Reiki in the past and through that therapy, I discovered Theta Healing. I had such a positive experience and change that I began looking for courses to re-train."

Theta Healing is a different therapy that works with negative belief systems that a person may have taken on board during childhood or at other times that have stayed with your subconscious. These belief systems are not serving you well in your current life. Louise explained: "It is called Theta because we use the theta brainwaves to do the work, like with hypnosis. Theta healing can be likened to a computer, the brain, having a virus. In a computer you dig down to find the root cause of the problem and then remove it and replace it with a much better, higher-spec programme. This is, in effect, what Theta Healing does and it is a very powerful way of dealing with problems. We're not doctors, so we cannot say we 'cure' people but I can't tell you how many lives have been significantly improved by this therapy, myself included. As Theta is an holistic therapy, it is most often used alongside conventional, Western medicines."

Louise has trained to Advanced level in both Counselling and Theta Healing and has also passed the Abundance and Manifestation and Intuitive Anatomy courses for theta healing. Due to her experience with Theta Healing and counselling, Louise knows the tremendous impact these therapies can have and would love to work with you on your difficulties. She added: "I am based in Narborough in Leicestershire and although the majority of my clients come to me, I have been known to visit people who are housebound. I like to book hour-long appointments for between 9am and 5pm, but I work with my clients to find a time that suits us both. Theta Healing sessions cost £60 and counselling costs £50 per hour, but I am offering *Aspire* readers 10% off their first session of either with me, when booked before 30th June 2014."

As well as being a trained therapist and counsellor, Louise is also a published author. Her a book (entitled 'The Greatness Within: Emotive Memoir Depicts Diagnosis of Cerebral Aneurism, Rock-Bottom Despair & Eventual Rise to Glory') of poetry about her illness, recovery and experience with Theta Healing, aims to help others, as Louise explained: "It's all about helping others; sharing my own story to provide proof that any problem, illness or woe is no bar to personal triumph. It's all about the greatness within our hearts and minds – all you have to do is awaken it."

As well as face-to-face session, Louise also offers Theta Healing via telephone or Skype. For further information, or to book your initial consultation with Louise, please call 0116 2541865, email h1r88@hotmail.com or visit www.louise-richardson.co.uk



Testimonials:

"I have had some amazing, exciting results doing Theta Healing with Louise. Each session reveals so much and opens up so many blockages. Louise is always spot on, and guides you to exactly the area you need to deal with."
P.S. London

"Hi Louise, thank you so much for what you've done in such a small length of time. I'm truly grateful... the sessions are definitely working for me as changes are remarkably deep, thank you."
R.S. Leicestershire

