

Self Empowerment System

Posted At : October 4, 2011 12:55 PM | Posted By : [Tim Brunson, PhD](#)

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My name is Diana Moore and I am a certified hypnotist, reiki master and certified life coach. I have completed my Self Empowerment System which consists of a 30-day workbook and 2 CD's. This is unusual in that the first week is devoted to self-hypnosis utilizing declarations and mirror work. The 2nd week one works on learning how to shield one's energy. Bringing up issues and going back into one's past to get at the original insult and then to release and focus on the future is emphasized. The third week's focus is on utilizing a 30-second grounding elemental meditation. The fourth week puts all of these together. Each week the focus is on empowering the person to create their lives and provides coaching techniques and journaling. Was on Home Shopping Network. Retails for \$125.00 and they can call me for a 30-min. assistance. Lightteacher@aol.com

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