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Title: Negate Limiting Beliefs from Inside Out

Name: Donna Ferguson

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INTRODUCTION:

Donna Ferguson from Unique Vibrations coaching. Having come through Domestic Violence and continuing the battles of what and who was coming into her life Donna realised that the mental challenges along with the inner connection to her spirit was to heal from the inside out. After years of attempting to complete the healing process Donna also soon realised that healing was an ongoing daily ritual to live her best life every day. Donna now works with people who feel the challenges of limiting beliefs, self worth, lack of confidence, reaching goals, Manifesting techniques both personally and professionally and transform their lives and their businesses! Working on a holistic level to negate all these challenges using deep core processes and practices. Donna's clients walk away with significant tools they can use daily as required and is offering a free gift of a 30 minute call with her personally.

AIM:

- Attendees will discover the role that inhibits the mind and body creating DIS-EASE when they continue to believe what others have impressed upon them.
- Participants will identify the impact that previous experiences in their lives have had on them creating stress, fear, doubt and worry. When they look for achieving more in life and how that doubt and worry turns into something physical state such as anxiety. Anxiety is suppressed rather than expressed the suppression turns into depression and the depression turns into DIS-EASE.
- Participants will see how internalising thoughts, ideas, feelings and experiences can create bondage between the mind, the body and the laws of polarity create your results. Choosing to live in a state of understanding how to reduce or remove stress through basic expressions rather than suppression and creating a positive life both at work and at home.

MATERIALS AND METHODS:

Using knowledge on my education of human potential, everything that we do is created by the level of our belief. Understanding how to create a higher vibration with a new belief system,

accelerates the inner well being both mentally and physically and creates a body and mind that is calm and at ease.

Evidence suggests a negative mindset creates a lower vibration due to suppressing the feelings and emotions of the physical state. This can cause chronic stress and begins to cause the mental illness known as depression. The suppression of depression begins the disintegration of the body and soul.

Knowledge and education can begin to lift the vibration that turns a body that is at DIS-EASE into a body that is at ease enabling us to create a beautiful life of success and well-being.

CONCLUSIONS:

Writing suppressed feelings and emotions down releases them from the body and helps with the healing process. Identifying when these feelings and emotions first started helps to remove the deep seated core issue layer by layer. Using meditation has been proven to assist those with depression and is one of my daily practices of mindfulness to provide the outcomes I look for daily.

KEYWORDS:

DIS-EASE, mind and body well-being, mindfulness, feelings, emotions, suppression,

BIOGRAPHY:

Donna Ferguson is a holistic certified master coach and expert, author, certified master speaker, certified hypnotherapist, psychic protection healer, with more than thirty years of experience and 10 years of holistic coaching,. Donna is a certified hypnotherapist, Certified NLP practitioner, Certified Master Coach, Certified Speaker and a Certified Psychic Protection Healer and works with her clients so they can achieve the best life they can every day with a deeper understanding of their mindfulness on a greater awareness of their physical, mental, emotional and spiritual state at any time. Learning to live life with ease and negate limiting beliefs.

Combining her own story she shares with the world, she has a gift to connect on a deeper energetic level attracting her perfect clients at all times and working with them around the world.

Donna is very passionate about helping as many people as possible so that they can continue with her work to share with others knowing that the spiritual connection and infinite potential of the human race has a huge gap today due to lack of understanding and knowledge.