



Curious about Meta-Well-Being...
Want to know more and whether it can help you?



Contemplate for a moment and consider how much awareness do you have about your body/mind health status and how much it impacts on how good you feel?

*I mean **really** aware?*

*As in understanding the natural rhythm of **your** health and how everything is inter-connected at a deep level?*

Sounding a bit too deep?

Let me explain and dive right into it...

META means 'after' or 'beyond'. It is also a prefix added to the name of a subject and designating another subject that analyses the original one but at a more abstract, higher level. Such as Meta-Well-Being which is a comprehensive and integrative system based upon META-Health principles and using a wonderful combination of breathing techniques, mindfulness, creative visualisation, energy focused attention and affirmations.

It is a total mind-body-emotion-spirit approach to individual health and wellbeing that uses the art of self-introspection together with empirical evidence based science to identify the root causes of dis-ease and a variety of health challenges.

Meta-Well-Being consciousness, creates a whole new health and wellness paradigm to embrace, enabling a powerful way of living by *knowing* how to tune in to your body's own amazing self-healing intelligence and understand the communication signals forever present.

Sounds incredible doesn't it? That's because the human being is so much more than we fully appreciate and over generations have 'tuned-out' of this highly sensitive side of human potential.

So back to the original question and to keep things more simple...

What level of awareness do you have about your health and wellbeing?

What perspective do you have on it?

Wellbeing is the term used for total mind, body, feelings and spirit; in a balanced state of being happy, joyful and comfortable *and* in good health – being consistently well. When feeling the opposite and experiencing health challenges, to become curious and look deeper within, can help provide clues as to what area in life is specifically out of balance and responsible for triggering symptoms.

The '**bio-logical**' essence of the human body is exactly that... it **logically expresses** and **mirrors** the **personal world-view** of the individual. How amazing is that!?

When looking at health and wellbeing from this perspective it offers a whole new bigger picture which means that you can be more proactive in your involvement with your overall experience and **being** in control, **feeling** in control and **knowing** you are in control, is hugely empowering!

Just imagine if you could find the root cause of any symptom just by asking a few key questions. How liberating would that be for you?

Many of my clients come along highlighting STRESS as their number one issue. This manifests itself in so many different ways and totally throws the physical and/or mental equilibrium out of kilter. Consequently, experiencing physical pain, suffering sleep disturbances, digestive disorders, depression, weight issues and skin conditions to name just a few.

Typically, stress overload can affect your thoughts; concentration is difficult with constant worries and anxiety, directly influencing moods with feelings of irritation and irrationality which can lead to a sense of foreboding and overwhelm.

The unique Meta-Well-Being holistic approach, helps to quickly identify the triggers of illness and shows how thoughts and emotions influence symptoms both negatively and positively. It's **AMAZING** how quickly and accurately the root cause can be identified which is responsible for key emotions, feelings, behaviours and beliefs responsible for supporting unwanted symptoms.

Know This...

You; your body is an intelligent, vibrational being. To enjoy and achieve Meta-Well-Being, it requires decoding of this innate intelligence, learning to interpret your body's messages, so that you become and feel more empowered and less fearful of dis-ease and illness and consciously find SOUL-utions for a better quality life experience.

Everyone has the right to enjoy ***living life in the Wow!***

[Click HERE to make an appointment for your FREE Meta-Well-Being Strategy Call](#)

A final tidbit: 'Metta' spelt this way, means 'loving kindness'!

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